

# EatAtHomeAlabama.com

## California Burgers

Prep Cook Time: 20 minutes

SERVES 4

### Ingredients

1 lb lean ground beef  
½ cup quick oats  
1 egg  
½ cup ketchup  
½ tsp garlic salt  
¼ tsp pepper  
1 tsp Worcestershire sauce  
Dash red pepper  
Dijon mustard  
1 tomato, sliced  
1 avocado, optional, sliced  
1 package hamburger buns

### Steps

1. In large bowl, combine oats, egg, ketchup, garlic salt, pepper, Worcestershire sauce and a dash of red pepper.
2. Add ground beef & mix well.
3. Form into patties.
4. Grill on medium until done.
5. Split buns & toast on grill.
6. Make burgers with tomato, Dijon mustard & thin slices of avocado, if desired.