



2.5lbs lean ground beef
½ cup bread crumbs
¼ cup milk
2 tbsp tomato paste
1 tbsp Worcestershire sauce
1 tbsp Brown sugar
2 tsp whole fennel seed
1 tsp paprika
1 tsp onion powder
1 tsp salt
½ tsp dried thyme leaves
½ tsp freshly ground pepper

Preheat oven to 375F

1. Add all the ingredients into a mixing bowl. Use your hands (or wooden spoon) to thoroughly mix all the ingredients together.
2. Line a rimmed 13x9 sheet pan with aluminum foil.

Burgers or sliders

- Add all of the meat mixture to the baking sheet. Use your hands to press the meat mixture out so it fills the sheet pan entirely and evenly. You should have one compact piece of meat with no cracks.
- To make burgers, cut the beef with a sharp paring knife into 12 equal squares. To make sliders, cut the meat into 24 equal squares.
- Bake for 15-20min. Remove from oven and drain any liquid that has accumulated on the pan. Break the burgers (or sliders) along the cut edges and serve. Alternatively, cool and store in the fridge for up to 1 week or freezer for up to 6 months

Meat-squares (balls)

- Add all of the meat mixture to the baking sheet and form it into a 24x18 rectangle about 1" thick. Score the meat by ½" so you have 48 equal squares.
- Bake for 25min or until cooked all the way through. Remove from oven and drain any liquid that has accumulated on the pan. Separate into the 48 meat squares and serve. Alternatively, cool and store in the fridge for up to 1 week or freezer for up to 6 months.

