

## Spoonburgers from Barbara Aboushahba

1 pound of ground beef or chuck  
1 small onion chopped  
salt and pepper  
1 can Campbell's Chicken Gumbo soup  
1/2 can water  
1/3 cup ketchup  
1 T yellow mustard

Directions: Brown meat and onion, drain grease using a colander (I even run water thru it)  
Add rest of ingredients and simmer, covered for 20 -30 minutes

Serve on a bun. For a quick sandwich, you can scoop cold spoonburgers into the bun, wrap in a paper towel and microwave for 30 - 40 seconds. Kids tend to like spoonburgers since they are not too spicy and they are easy to eat.