

DINNER

# Bill's Beefuna Burgers

5 October 2026

| TOTAL TIME | PREP  | COOK   | SERVES | PER SERVING | CALORIES |
|------------|-------|--------|--------|-------------|----------|
| 16 min     | 1 min | 15 min | 6      | \$2.83      | 372 kcal |

Bill's Beefuna Burgers is a dairy free recipe with 6 servings. This main course has 372 calories, 33g of protein, and 13g of fat per serving. For \$2.83 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. 20 people have tried and liked this recipe.

## Ingredients

- ☐ 6 ounce tuna packed in oil, drained  
canned
- ☐ 6 hamburger buns, split
- ☐ 1 large sweet onion, finely chopped
- ☐ 1½ pounds ground round
- ☐ 6 servings seasoning salt and pepper to taste
- ☐ 3 tablespoons sweet pickle relish

EQUIPMENT Bowl, Grill

## Method

- 1

Preheat an outdoor grill for medium-high heat. When grill is hot, lightly oil the grate.
- 2

In a large bowl, mix together the ground beef, tuna, onion, and relish. Season with seasoning salt and pepper to your liking. Form the meat mixture into 6 patties.
- 3

Place patties on the hot grill, and cook for 6 to 9 minutes on each side, or until cooked through.
- 4

Serve on buns with the usual toppings.

## Nutrition per serving

**372**

KCAL

**33 g**

PROTEIN

**13 g**

FAT

**28 g**

CARBS

|               |                              |
|---------------|------------------------------|
| Saturated Fat | 5 g · 31% of daily needs     |
| Fibre         | 1.4 g · 5% of daily needs    |
| Sugar         | 8.1 g · 9% of daily needs    |
| Sodium        | 608 mg · 26% of daily needs  |
| Cholesterol   | 83.9 mg · 28% of daily needs |
| Vitamin C     | 3.3 mg · 4% of daily needs   |

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/bills-beefuna-burgers-148086](https://whatsheate.com/bills-beefuna-burgers-148086)