

Tuscan Burgers & Avocado-Tomato Spread

Recipe time: 30 minutes

Makes 4 burgers

- 1-pound Ground Beef
- 1 avocado, peeled and pitted
- 2 tablespoons finely chopped oil-packed sun-dried tomatoes
- 2 cloves garlic, minced
- 1/2 cup basil leaves, divided
- 1 teaspoon kosher salt
- 4 whole-grain hamburger buns, split
- 1/3 cup finely chopped fresh fennel bulb (core removed)



1. Mash avocado in small bowl (should be chunky, not smooth). Add sun-dried tomatoes and half of garlic; mix well. Set aside.
2. Combine ground beef, remaining garlic, 2 tablespoons minced basil leaves and salt in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
3. Heat large nonstick skillet over medium heat until hot. Place patties in skillet; cook 10 to 12 minutes to medium (160°F) doneness, turning occasionally. Remove patties from skillet. Place buns, cut side down in skillet, cook 1 minute or until lightly toasted.
4. Place burgers on bottom of buns; top each with equal amounts avocado-tomato spread, fennel and remaining basil leaves. Close sandwiches.

Nutrition Information, using 95% lean Ground Beef: 398 Calories; 18g Total Fat; 4g Saturated Fat; 9g Monounsaturated Fat; 76mg Cholesterol; 898mg Sodium; 32g Total carbohydrate; 31g Protein; 5.8mg Iron; 9.3mg Niacin; 0.7mg Vitamin B6; 98.6mg Choline; 2.3mcg Vitamin B12; 7.6mg Zinc; 39.7mcg Selenium; 10.1g Fiber.

Caprese Polenta Burger

Recipe time: 35-40 minutes

Makes 8 servings

- 1-1/2 pounds Ground Beef
- 2/3 cup balsamic vinegar
- 1 package (16 to 18 ounces) refrigerated prepared polenta, cut into 8 slices
- 2 tablespoons olive oil
- Salt and pepper
- 1 package (8 ounces) fresh mozzarella cheese, cut into 8 slices
- 2 medium tomatoes, cut into 4 slices each
- Thinly sliced fresh basil



1. Bring vinegar to a boil in 2-quart saucepan. Reduce heat; simmer, uncovered, 9 to 10 minutes or until reduced to 1/3 cup. Set aside.

Cook's Tip: Prepared balsamic syrup, available in large supermarkets and specialty food stores, may be substituted for balsamic reduction.

2. Meanwhile lightly shape ground beef into eight 1/2-inch thick patties.
3. Brush polenta slices with oil. Place patties in center of grid over medium, ash-covered coals. Grill patties, uncovered, 11 to 12 minutes (over medium heat on preheated gas grill, covered, 9 to 10 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning burgers occasionally and basting with 2 tablespoons reduced vinegar after turning. Arrange polenta around patties; grill 11 to 12 minutes (for gas, grill 9 to 10 minutes) or until heated through, turning once. Season burgers with salt and pepper, as desired.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness.

4. For each serving, layer 1 each polenta slice, burger, mozzarella slice and tomato slice. Drizzle with remaining vinegar and sprinkle with basil, as desired.

Nutrition Information: 271 Calories; 1g Total Fat; 3g Saturated Fat; 5g Monounsaturated Fat; 57mg Cholesterol; 391mg Sodium; 17g Total carbohydrate; 28g Protein; 2.4mg Iron; 4.3mg Niacin; 0.3mg Vitamin B6; 1.6mcg Vitamin B12; 4.4mg Zinc; 16.2mcg Selenium; 2.3g Fiber.
335 Calories; 17g Total Fat; 6g Saturated Fat; 8g Monounsaturated Fat; 67mg Cholesterol; 397mg Sodium; 17g Total carbohydrate; 27g Protein; 2.2mg Iron; 3.8mg Niacin; 0.3mg Vitamin B6; 1.7mcg Vitamin B12; 4.3mg Zinc; 16.1mcg Selenium; 2.3g Fiber.

Caribbean Beef Burgers with Mango Salsa

Recipe time: 30 minutes

Makes 4 burgers

- 1-1/2 pounds Ground Beef
- 2 tablespoons Caribbean jerk seasoning
- Salt

Mango Salsa:

- 1 large mango, peeled, coarsely chopped (about 1 cup)
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped green onion
- 1 tablespoon finely chopped seeded jalapeño pepper
- 1 tablespoon fresh lime juice



1. Combine ground beef and jerk seasoning in large bowl, mixing lightly but thoroughly. Shape into four 3/4-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, covered, 13 to 14 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with salt, as desired.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

3. Meanwhile, combine salsa ingredients in medium bowl, mixing lightly. Serve burgers with salsa.

Nutrition Information: 263 Calories; 12g Total Fat; 5g Saturated Fat; 5g Monounsaturated Fat; 112mg Cholesterol; 505mg Sodium; 7g Total carbohydrate; 34g Protein; 3.7mg Iron; 7.7mg Niacin; 0.6mg Vitamin B6; 111.7mg Choline; 3.2mcg Vitamin B12; 8.2mg Zinc; 27.7mcg Selenium; 0.8g Fiber.
236 Calories; 7g Total Fat; 3g Saturated Fat; 3g Monounsaturated Fat; 112mg Cholesterol; 503mg Sodium; 7g Total carbohydrate; 34g Protein; 3.8mg Iron; 8mg Niacin; 0.6mg Vitamin B6; 112.8mg Choline; 3.1mcg Vitamin B12; 8.3mg Zinc; 27.7mcg Selenium; 0.8g Fiber.

Thai Burger

Recipe time: 25-30 minutes

Makes 4 burgers

- 1-pound Ground Beef
- 1 cup shredded Napa cabbage
- 2 tablespoons fresh lime juice, divided
- 1/2 cup chopped green onions
- 1 teaspoon ground ginger
- 1 teaspoon hot chili sauce
- Salt and pepper
- 1 tablespoon creamy peanut butter
- 1 tablespoon hoisin sauce
- 1 teaspoon toasted sesame oil
- 4 whole wheat or white hamburger buns, split

1. Combine cabbage and 1 tablespoon lime juice in medium bowl; set aside.
2. Combine ground beef, green onion, ground ginger and hot sauce in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
3. Heat nonstick skillet over medium heat until hot. Place patties in skillet; cook 10 to 12 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with salt and pepper, as desired.
4. Meanwhile, combine peanut butter, hoisin sauce, remaining 1 tablespoon lime juice and sesame oil in small bowl. Cover and refrigerate until ready to use.
5. Place 1 burger on bottom half of each bun; top evenly with peanut butter mixture and cabbage mixture. Close sandwiches.

Nutrition Information: 401 Calories; 20g Total Fat; 7g Saturated Fat; 9g Monounsaturated Fat; 76mg Cholesterol; 372mg Sodium; 28g Total carbohydrate; 28g Protein; 3.9mg Iron; 10.2mg Niacin; 0.5mg Vitamin B6; 90.7mg Choline; 2.4mcg Vitamin B12; 6.5mg Zinc; 40.4mcg Selenium; 4.6g Fiber.



Mushroom Merlot Burgers

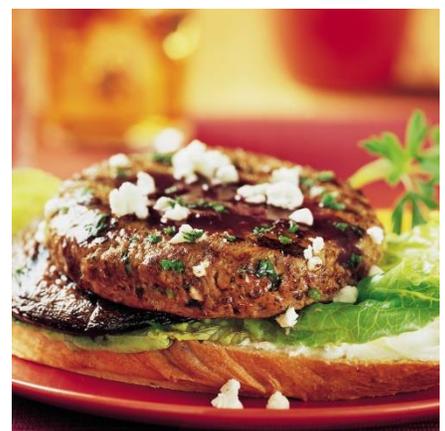
Recipe time: 55 minutes

Makes 4 burgers

- 1-pound Ground Beef
- 2 tablespoons chopped fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 large Portobello mushrooms
- 4 slices French bread, cut diagonally 1/2 inch thick
- 2 ounces goat cheese (1/2 cup)
- 4 romaine lettuce leaves
- Chopped fresh parsley (optional)

Sauce:

- 1 teaspoon olive oil
- 2 tablespoons minced shallots
- 1 cup Merlot or other dry red wine



- 1/4 cup ready-to-serve beef broth
 - 2 teaspoons fresh thyme, chopped
 - 1 tablespoon butter
 - 2 teaspoons all-purpose flour
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
1. To prepare sauce, heat oil in large nonstick skillet over low heat. Add shallots; cook and stir 6 to 8 minutes or until caramelized. Stir in wine, broth and thyme. Cook over medium-high heat 8 to 10 minutes or until liquid is reduced to 1/2 cup. Combine butter and flour; whisk into sauce. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper. Cover; keep warm.
 2. Combine ground beef, 2 tablespoons parsley, 1/8 teaspoon salt and 1/8 teaspoon pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties. Set aside.
 3. Place mushrooms on grid over medium, ash-covered coals; grill, uncovered, 16 to 18 minutes or until tender, turning occasionally. About 10 minutes before mushrooms are done, move mushrooms to outer edge of grid. Place patties on center of the grid; grill 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Place bread slices on grid; grill until toasted, turning once.
 4. Reheat sauce, if necessary. Spread 1/2 of cheese on toasted bread slices. Top each with lettuce leaf, mushroom and burger; drizzle evenly with sauce. Crumble remaining goat cheese over tops; sprinkle with parsley, as desired.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt

Nutrition Information, using 95% lean Ground Beef: 454 Calories; 15g Total Fat; 7g Saturated Fat; 5g Monounsaturated Fat; 79mg Cholesterol; 557mg Sodium; 40g Total carbohydrate; 33g Protein; 5.2mg Iron; 11.5mg Niacin; 0.5mg Vitamin B6; 2.2mcg Vitamin B12; 6.7mg Zinc; 50.6mcg Selenium; 3.5g Fiber.

632 Grand Canyon Drive
 Madison, WI 53719
 800.728.BEEF
www.BeefTips.com

