

## **May 2022 TV —Beef Burgers**

*Nothing says summer quite like the sound of real beef sizzling on the grill, and there is no better time to enjoy a juicy burger than now! Check out these recipes!*

### **Beef Muffuletta Burger**

*This is one big burger! Enjoy the flavors of a traditional Muffuletta sandwich in a burger meant to share.*

Recipe time: 30 minutes

Makes 8 servings

- 1 recipe Cajun-Style Beef Sausage (recipe follows)
- 8 ounces salami, diced
- 6 slices provolone cheese
- 1/2 cup olive tapenade
- 1/2 cup chopped giardiniera
- 1 large shepherder loaf, about 8 inches in diameter
- 2 cups shredded lettuce
- 2 large tomatoes, thinly sliced



1. Prepare **Cajun-Style Beef Sausage**: Combine 1 pound Ground Beef (93% or leaner), 1 tablespoon liquid smoke, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon salt, 1/2 teaspoon smoked paprika, 1/2 teaspoon ground red pepper, 1/4 teaspoon ground black pepper and 1/4 teaspoon dried thyme leaves in a large bowl mixing lightly but thoroughly.
2. Add salami to sausage mixture, mixing thoroughly but gently. Form sausage mixture into 1 large burger patty, 8 to 9 inches in diameter and 3/4 inch thick. Place patty on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, 10 to 11 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning once. Use 2 grill spatulas for easier flipping. During the last 2 minutes of cooking, top patty with cheese and allow to melt.

***Cook's Tip:** Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

3. Meanwhile, combine tapenade and giardiniera in small bowl. Cut shepherd loaf in half horizontally. Scoop out extra bread from middle of both halves, as desired. Toast loaf on grill for 2 to 3 minutes, if desired. Line bottom of bread with lettuce and tomato; top with burger. Top burger with tapenade mixture, close sandwich. Cut into 8 wedges.

**ALTERNATE COOKING METHOD:** You may prepare 12 sliders instead of one large patty. Form twelve 2-1/2-inch diameter patties in step 1. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill for the same time) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. During the last minute, top patties with cheese and allow to melt. Continue with step 3.

***Nutrition information per serving:** 423 Calories; 185.4 Calories from fat; 20.6g Total Fat (8.2 g Saturated Fat; 0.1 g Trans Fat; 0.7 g Polyunsaturated Fat; 6.2 g Monounsaturated Fat;) 77 mg Cholesterol; 1385 mg Sodium; 34 g Total Carbohydrate; 2 g Dietary Fiber; 26 g Protein; 4.3 mg Iron; 413 mg Potassium; 4.4 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 2.6 mcg Vitamin B<sub>12</sub>; 4.5 mg Zinc; 17.8 mcg Selenium; 71 mg Choline.*

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Vitamin B6, and Choline.*

# Old South Burgers with Peach Compote

Looking for a fresh new way to serve burgers? This burger recipe layers on a flavorful peach compote that's sure to please.

Recipe time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup diced peaches, fresh or frozen
- 1 cup diced sweet onion
- 1 cup Budweiser beer
- 1/4 cup packed brown sugar
- 2 teaspoons chopped fresh rosemary
- 1/4 cup goat cheese
- 4 pre-baked biscuits, split



1. To prepare peach compote, heat large skillet over medium heat until hot. Add peaches and onion; cook and stir until lightly browned about 5 minutes. Add beer, brown sugar and rosemary; bring to a boil. Cook until peaches and onion are soft and liquid is almost gone, 13 to 15 minutes; keep warm.
2. Lightly shape ground beef into four 1/2-inch patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 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.
3. Evenly spread goat cheese on bottom half of each biscuit; top with burgers. Evenly spoon peach compote over burgers. Close sandwiches.

**Nutrition information per serving:** 475 Calories; 180 Calories from fat; 20g Total Fat (8 g Saturated Fat; 4 g Monounsaturated Fat;) 81 mg Cholesterol; 704 mg Sodium; 42 g Total Carbohydrate; 2 g Dietary Fiber; 30 g Protein; 4.3 mg Iron; 5.4 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.2 mcg Vitamin B<sub>12</sub>; 5.7 mg Zinc; 19 mcg Selenium; 79.3 mg Choline.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.*

# Italian Smash Burger Napoleon

Savor this Italian-style Ground Beef burger with a bright and vibrant spinach-lemon pesto and a unique spicy and sweet beef jerky marmalade.

Recipe time: 40 minutes

Makes 4 servings

- 1 pound Ground Beef (80% lean or leaner)
- 4 large leaves Butter or Bibb lettuce
- 1/2 cup part-skim ricotta cheese
- 1/2 cup Spinach-Lemon Pesto (recipe follows)
- 1/2 cup Beef Jerky Marmalade (recipe follows)
- 4 teaspoons balsamic syrup or glaze



1. Lightly shape Ground Beef into eight 1/2-inch thick slider patties. Place patties on griddle or nonstick skillet over medium heat. Using spatula, press burger against griddle. Midway through cooking, flip, press. Cook 8 to 10 minutes until instant-read thermometer inserted horizontally into center registers 160°F. Season with salt and pepper, as desired.
2. Place patties on 4 lettuce leaves to form a cup, top with 1 tablespoon cheese, 1 tablespoon Spinach-Lemon Pesto, 1 tablespoon Beef Jerky Marmalade, another patty, 1 tablespoon cheese, 1 tablespoon Spinach-Lemon Pesto and 1 tablespoon Beef Jerky Marmalade. Garnish each stack with balsamic syrup, as desired.

**Spinach-Lemon Pesto:** Place 2 cups fresh baby spinach, 1/3 cup grated Parmesan cheese, 1/4 cup toasted sliced almonds, 1 tablespoon fresh lemon juice, 1 teaspoon grated lemon peel (from 1/2 lemon) and 1 teaspoon minced garlic in food processor container. Cover, process until coarse paste forms. With motor running, slowly drizzle in 2 tablespoons olive oil and 2 tablespoons water through opening in cover, processing until smooth.

**Beef Jerky Marmalade:** Heat large nonstick skillet on medium-high heat until hot; spray with cooking spray. Add 1/3 cup chopped red onion; cook 4 to 5 minutes, stirring occasionally. Add 1/3 cup minced shallot and 1/2 teaspoon minced garlic and cook 2 to 3 minutes until translucent. Add 3 tablespoons maple syrup, 1/2 teaspoon dry mustard and 1/2 teaspoon chili powder; bring to a boil. Add 1/4 cup sherry and 3 tablespoons brown sugar; stir to combine. When sugar is melted, reduce heat to medium. Add 8 ounces chopped beef jerky and cook about 5 minutes to reduce liquid to a thick glaze, stirring occasionally.

*Nutrition information per serving, 1 slider stack: 414 Calories; 225 Calories from fat; 25g Total Fat (9.1 g Saturated Fat; 0.6 g Trans Fat; 1.4 g Polyunsaturated Fat; 11.9 g Monounsaturated Fat;) 86 mg Cholesterol; 473 mg Sodium; 14 g Total Carbohydrate; 1.4 g Dietary Fiber; 31 g Protein; 174 mg Calcium; 3.9 mg Iron; 501 mg Potassium; 0.3 mg Riboflavin; 4.9 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 326 mg Phosphorus; 6.7 mg Zinc; 24.5 mcg Selenium; 88.1 mg Choline.*

*This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Calcium, Potassium, and Choline.*

## Oktoberfest Burgers

*Can't make it to Germany for Oktoberfest? Don't fret! Eat like you're there with these tasty burgers.*

Recipe time: 40 minutes

Makes 4 servings

- 1 recipe German-Style Beef Sausage (recipe follows)
- 4 slices Swiss cheese (3/4 ounce each)
- 4 teaspoons German-style coarse grain mustard
- 4 pretzel rolls, split, warmed

### Sauerkraut:

- 3 cups coleslaw mix
- 2 tablespoons water
- 2 tablespoons white vinegar
- 1/2 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon caraway seed

1. Combine Sauerkraut ingredients in medium saucepan. Bring to a boil over medium-high heat. Reduce heat; cover and cook 8 to 11 minutes or until cabbage is tender, stirring occasionally. Set aside.
2. Prepare **German-Style Beef Sausage**. Combine 1 pound Ground Beef (93% lean or leaner), 1/4 cup 2% reduced-fat milk, 2 teaspoons minced garlic, 1 teaspoon ground mace, 1 teaspoon pepper, 1/2 teaspoon salt and 1/4 teaspoon each ground coriander and ground allspice in large bowl, mixing lightly but thoroughly. Lightly shape sausage mixture into four 1/2-inch patties. Heat large nonstick skillet over medium heat until hot. Add patties; cook 10 to 12 minutes or until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
3. During last 1 to 2 minutes of cooking, top burgers with cheese.
4. Spread mustard on bottom of rolls; top with burgers and evenly with Sauerkraut. Close sandwiches.



*Nutrition information per serving, using 93% lean ground beef: 532 Calories; 180 Calories from fat; 20g Total Fat (8 g Saturated Fat; 3 g Monounsaturated Fat;) 91 mg Cholesterol; 974 mg Sodium; 51 g Total Carbohydrate; 2.9 g Dietary Fiber; 37 g Protein; 4.9 mg Iron; 6.1 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.2 mcg Vitamin B<sub>12</sub>; 5.8 mg Zinc; 17.8 mcg Selenium; 81.6 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.*

## Mushroom Merlot Burgers

*Top these lean Ground Beef burgers with a merlot red wine sauce for a French twist on a classic.*

Recipe time: 55 minutes

Makes 4 servings

- 1-pound Ground Beef (95% lean)
- 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 B<sub>6</sub>; 2.2mcg Vitamin B<sub>12</sub>; 6.7mg Zinc; 50.6mcg Selenium; 3.5g Dietary Fiber; 33 g Protein; 5.2 mg Iron; 11.5 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.2 mcg Vitamin B<sub>12</sub>; 6.7 mg Zinc; 50.6 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber.*



# Tuscan Burgers & Avocado-Tomato Spread

*This tasty new way to top Ground Beef burgers is sure to please your crowd. Fresh avocado, sun-dried tomatoes and a touch of garlic brings this burger to new heights.*

Recipe time: 30 minutes

Makes 4 servings

- 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 per serving:** 398 Calories; 162 Calories from fat; 18g Total Fat (4 g Saturated Fat; 9 g Monounsaturated Fat;) 76 mg Cholesterol; 898 mg Sodium; 32 g Total Carbohydrate; 10.1 g Dietary Fiber; 31 g Protein; 5.8 mg Iron; 9.3 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 2.3 mcg Vitamin B<sub>12</sub>; 7.6 mg Zinc; 39.7 mcg Selenium; 98.6 mg Choline.*

*This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.*

957 Liberty Drive, Ste 201  
Verona, WI 53593  
800.728.BEEF  
[www.BeefTips.com](http://www.BeefTips.com)

