

## May 2024 TV Recipes—Beef Burger Recipes

*May is National Hamburger Month! It's the perfect time to fire up the grill and indulge in your favorite variations of this classic American dish. The hamburger, a symbol of American culinary cuisine, is celebrated throughout the month of May. Whether you prefer a classic beef patty topped with ketchup and mustard or something fancier, this is the month to savor it all!*

# Smashburgers with Onion

*Smashburgers with double, juicy beef patties, shallots, fresh thyme, and garlic aioli.*

Recipe Time: 20 minutes

Makes 4 servings

- 2 pounds Ground Beef (93% lean or leaner)
- 4 tablespoons butter
- 1 cup thinly sliced shallots
- 3 cloves garlic, minced
- 1 tablespoon finely chopped fresh thyme
- 8 slices American cheese
- 1/2 cup Japanese-style mayonnaise
- 1 teaspoon granulated onion
- 1 teaspoon garlic powder
- 4 hamburger buns, split, toasted
- 1 cup shredded lettuce
- Pickled Vegetables (optional)



1. Heat griddle flat top or large cast-iron skillet over medium heat until hot. Meanwhile, divide beef evenly into eight portions. Lightly shape into loose balls. Season with salt and pepper, as desired.
2. Evenly place half of balls on griddle; cook 1 to 2 minutes or until bottoms are browned and crispy. Place 1/2 tablespoon butter, 2 tablespoons shallots, 1/4 teaspoon minced garlic and a pinch of thyme next to each ball.
3. Turn balls onto shallot mixture, smashing into thin patties with a spatula or burger press. Cook 1 to 2 minutes until instant-read thermometer inserted horizontally into center registers 160°F. Remove from griddle; keep warm. Repeat with remaining beef. *Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.*
4. Top patties with cheese slice; stack 2 patties together.
5. In small bowl, combine mayonnaise, granulated onion and garlic powder.
6. Spread garlic mayonnaise on buns. Evenly place lettuce on bottom buns; top with double patties, pickled vegetables, if desired, and top halves of buns. *Cook's Tip: Customize with other creative burger toppings!*

**Nutrition information per serving, 4:** 1023 Calories; 603 Calories from fat; 67g Total Fat (27 g Saturated Fat; 1.1 g Trans Fat; 2.6 g Polyunsaturated Fat; 14.5 g Monounsaturated Fat;) 295 mg Cholesterol; 1596 mg Sodium; 33 g Total Carbohydrate; 1.9 g Dietary Fiber; 7.9 g Total Sugars; 67 g Protein; 0 g Added Sugars; 704 mg Calcium; 8.4 mg Iron; 1078 mg Potassium; 0.4 mcg Vitamin D; 0.7 mg Riboflavin; 4.5 mg NE Niacin; 1 mg Vitamin B<sub>6</sub>; 6.5 mcg Vitamin B<sub>12</sub>; 886 mg Phosphorus; 14.8 mg Zinc; 66.4 mcg Selenium; 224.8 mg Choline. *This recipe is an excellent source of Protein, Calcium, Iron, Potassium, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, Selenium, and Choline.*

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# Caribbean Burgers with Mango Salsa

*Spicy, sweet and oh-so-simple. Ground Beef gets a peppery boost from jerk seasoning, and the freshly chopped mango salsa gives the dish a cool finish.*

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 ½ pounds Ground Beef (93% lean or leaner)
- 2 tablespoons Caribbean jerk seasoning

## 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 per serving:** 210 Calories; 71.1 Calories from fat; 7.9g Total Fat (3.2 g Saturated Fat; 0.2 g Trans Fat; 0.4 g Polyunsaturated Fat; 3.2 g Monounsaturated Fat;) 75 mg Cholesterol; 478 mg Sodium; 19 g Total Carbohydrate; 1.4 g Dietary Fiber; 23 g Protein; 2.5 mg Iron; 446 mg Potassium; 5.5 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.1 mcg Vitamin B<sub>12</sub>; 5.5 mg Zinc; 18.8 mcg Selenium; 78.8 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, Potassium, and Choline.

# Irish Hills Reuben Burger

*Two of our favorite beef classics: The Reuben and the Burger combined into one delicious recipe. Is it a burger or a sandwich? That's your call.*

Recipe Time: 30 Minutes

Makes 4 servings

- 1 pound 90% lean Ground Beef
- 8 ounces deli Corned Beef
- 1 teaspoon ground black pepper
- 1 teaspoon granulated garlic
- 8 ounces sauerkraut, drained
- 4 Swiss cheese slices
- 4 tablespoons Thousand Island dressing
- 4 hamburger buns



1. Combine Ground Beef, pepper and, garlic in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese slice. **Cook's Tip:** *To prepare on stovetop, heat large nonstick skillet over medium heat until hot. Place patties in skillet; cook 12 to 15 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.*

- Line top bun with 1 tablespoon thousand island dressing. Next place the burger patty on the bottom bun and top with 2 ounces sauerkraut & 2 ounces corned beef. Close the sandwiches and serve with sides

***Nutrition information per serving, 3 oz:** 525 Calories; 232.2 Calories from fat; 25.8g Total Fat (9.7 g Saturated Fat; 0.3 g Trans Fat; 4 g Polyunsaturated Fat; 8.9 g Monounsaturated Fat;) 131 mg Cholesterol; 1633 mg Sodium; 28 g Total Carbohydrate; 1.7 g Dietary Fiber; 6.5 g Total Sugars; 45 g Protein; 2 g Added Sugars; 260.7 mg Calcium; 6.6 mg Iron; 702 mg Potassium; 0.1 mcg Vitamin D; 0.36 mg Riboflavin; 10.5 mg NE Niacin; 0.46 mg Vitamin B<sub>6</sub>; 2.5 mcg Vitamin B<sub>12</sub>; 420 mg Phosphorus; 6.6 mg Zinc; 33 mcg Selenium; 92.7 mg Choline. This recipe is an excellent source of Protein, Calcium, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.*

## Western Sliders

*Go west, young man to this Kings Hawaiian Western Slider. Topped with French fried onions, barbeque sauce, Grillo's Pickles and of course, Kings Hawaiian rolls.*

Total Recipe Time: 35 minutes

**Makes 8 servings**

- 1 pound 93% Lean Ground Beef
- 8 Kings Hawaiian slider buns, split, divided
- 1/4 cup dry breadcrumbs
- 1/2 cup barbecue sauce
- 1/3 cup French fried onions
- 8 Cheddar cheese slices
- 16 Grillo's Pickles® Classic Dill Chips
- 1 cup shredded romaine lettuce
- 16 pickled jalapeno pepper slices
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper



1. Combine Ground Beef, breadcrumbs, salt and pepper in large bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick mini-patties.
2. Place patties on grill over medium, ash-covered coals. Grill, covered, 8 to 9 minutes (over medium heat on preheated gas grill, 9 to 10 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Evenly top with cheese during last minute of grilling.
3. Place burgers on bottom of slider buns. Top each one with 1 tablespoon barbecue sauce, French fried onions, shredded lettuce, 2 jalapenos, and 2 pickles.

***Nutrition information per serving, 8:** 342 Calories; 135 Calories from fat; 15g Total Fat (7.6 g Saturated Fat; 0.3 g Trans Fat; 0.7 g Polyunsaturated Fat; 4 g Monounsaturated Fat;) 65 mg Cholesterol; 693 mg Sodium; 26 g Total Carbohydrate; 1.5 g Dietary Fiber; 11.1 g Total Sugars; 22 g Protein; 5 g Added Sugars; 251.3 mg Calcium; 2.6 mg Iron; 272 mg Potassium; 1.3 mcg Vitamin D; 0.2 mg Riboflavin; 1.8 mg NE Niacin; 0.2 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 228 mg Phosphorus; 3.9 mg Zinc; 18.2 mcg Selenium; 43.6 mg Choline. This recipe is an excellent source of Protein, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Calcium, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, and Phosphorus.*

## Cheesehead Sliders

*Thrill your tailgate crowd with these Wisconsin-inspired winning beer-infused Cheesehead Sliders.*

Recipe Time: 20 minutes

**Makes 4 servings**

- 1 pound Ground Beef (93% lean or leaner)
- 1/2 cup beer
- 1/4 cup soft breadcrumbs
- 2 teaspoons chopped garlic
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 8 slider buns or small dinner rolls, split
- 1/4 cup Cheddar-flavored cheese spread



1. Combine Ground Beef, beer, breadcrumbs, garlic, salt and pepper in large bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick mini-patties.
2. 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. *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. Place burger on bottom half of each slider bun. Evenly spread cheese over burgers. Close sandwiches. *Cook's Tip: You may substitute pub cheese, Cheddar cheese curds, beer cheese sauce, Cheddar cheese slices or pimento cheese spread for Cheddar-flavored cheese spread.*

**Nutrition information per serving:** 438 Calories; 140.4 Calories from fat; 15.6g Total Fat (5.8 g Saturated Fat; 0.2 g Trans Fat; 2.4 g Polyunsaturated Fat; 3.3 g Monounsaturated Fat;) 94 mg Cholesterol; 589 mg Sodium; 44 g Total Carbohydrate; 2.1 g Dietary Fiber; 6.7 g Total Sugars; 35 g Protein; 0 g Added Sugars; 118.5 mg Calcium; 3.7 mg Iron; 390 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 6.5 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 229 mg Phosphorus; 6.4 mg Zinc; 22.2 mcg Selenium; 97.7 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 Riboflavin, Phosphorus, and Choline.*

## Barbeque Chipotle Burgers

Whip up your own beer-based barbecue sauce, then slather it on a perfectly prepared Ground Beef patty. Serve it all up in a “bun” of thick-sliced Texas Toast.

Total Recipe Time: 30

Minutes Makes 4 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1/2 cup beer
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 1 tablespoon minced chipotle peppers in adobo sauce
- 1 tablespoon Worcestershire sauce
- 4 slices frozen Texas Toast
- 2 spears pickled okra, sliced



1. To prepare barbecue sauce, combine beer, brown sugar, ketchup, chipotle peppers and Worcestershire sauce in saucepan; bring to a boil. Simmer 8 to 10 minutes until sauce is thickened; set aside.
2. Lightly shape Ground Beef into four 1/2-inch thick 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. *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, prepare Texas Toast according to package directions. Cut each piece of toast in half. *Cook's Tip: Fresh Texas toast, buttered, may be used instead of frozen product.*
4. For each sandwich, spread 1 tablespoon barbecue sauce over one toast half. Top with burger, another tablespoon sauce and okra slices. Close sandwich. *Cook's Tip: Dill pickle chips or pickled jalapeño peppers may be substituted for pickled okra.*

**Nutrition information per serving:** 254 Calories; 135 Calories from fat; 15g Total Fat (4 g Saturated Fat; 8 g Monounsaturated Fat;) 75 mg Cholesterol; 137 mg Sodium; 8 g Total Carbohydrate; 4.8 g Dietary Fiber; 24 g Protein; 3.1 mg Iron; 6.1 mg Niacin; 0.6 mg Vitamin B<sub>6</sub>; 2.1 mcg Vitamin B<sub>12</sub>; 5.9 mg Zinc; 18.7 mcg Selenium; 85.7 mg Choline.

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