

May 2026 TV Recipes—Smashburger Recipes

Beef smashburgers are great for a pretty simple reason: they maximize flavor and texture using a few smart techniques. Try one of ours to celebrate May Beef Month and National Hamburger Month!

Cheesy Double Smashburgers

Smashburgers with double, juicy beef patties, melty cheese, shallots, thyme, and garlic aioli.

Recipe Time: 20 minutes

Makes 4 servings

- 2 pounds Ground Beef (93% lean or leaner)
- Salt and pepper (optional)
- 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 garlic
- 1 teaspoon onion powder
- 4 hamburger buns, split, toasted
- 4 lettuce leaves
- Pickles (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. Place butter, shallots, garlic and a pinch of thyme on griddle. Cook over medium heat 3 to 5 minutes or until shallots are tender and softened. Evenly place half of balls on griddle over medium-high heat; cook 1 to 2 minutes or until bottoms are browned and crispy.
3. Turn balls onto shallot mixture, smashing into thin patties with a spatula or burger press. Cook 1 to 2 minutes or 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. Evenly divide shallots and place on top of patties. Add 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, pickles, if desired, and top halves of buns. **Cook's Tip:** Customize with other creative burger toppings!

Nutrition information per serving, 4: 827 Calories; 423 Calories from fat; 47g Total Fat (24 g Saturated Fat; 1.1 g Trans Fat; 2.7 g Polyunsaturated Fat; 14.8 g Monounsaturated Fat;) 255 mg Cholesterol; 1310 mg Sodium; 34 g Total Carbohydrate; 3.3 g Dietary Fiber; 8.2 g Total Sugars; 68 g Protein; 0 g Added Sugars; 712.1 mg Calcium; 8.6 mg Iron; 1139 mg Potassium; 16.9 mcg Vitamin D; 0.7 mg Riboflavin; 14.5 mg NE Niacin; 1.1 mg Vitamin B₆; 6.5 mcg Vitamin B₁₂; 893 mg Phosphorus; 14.9 mg Zinc; 66.5 mcg Selenium; 227.2 mg Choline.

This recipe is an excellent source of Protein, Calcium, Iron, Potassium, Vitamin D, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

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Caprese Smashburger Melts

This Italian influenced melt uses fresh mozzarella, vine ripened tomatoes and fragrant basil on rustic Italian bread to put a fresh twist on a traditional patty melt.

Total Recipe Time: 40 minutes

Makes 4 servings

- 1 pound Ground Beef (75% to 80% lean)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 8 slices fresh mozzarella cheese (about 1 ounce each)
- 2 large tomatoes, sliced
- 1/3 cup packed fresh basil leaves
- 8 slices Italian bread, toasted



1. Heat griddle flat top or large cast-iron skillet over medium heat until hot. Meanwhile, divide beef evenly into four portions. Lightly shape into loose balls. Season with salt and pepper.
2. Evenly place balls on griddle; cook 1 to 2 minutes or until bottoms are browned and crispy. Turn balls smashing into thin patties with a spatula or burger press. Cook 1 to 2 minutes or until instant-read thermometer inserted horizontally into center registers 160°F. Remove from heat; top each patty with 2 slices of cheese. Keep warm.
3. If desired, toast bread on the griddle by drizzling with olive oil and cooking until crisp and golden brown on both sides.
4. Assemble melts by placing half of bread on flat surface; top with patties, basil and remaining bread slices.

Cook's Tip: Enjoy this melt with your favorite pesto or dip into balsamic vinegar.

Nutrition information per serving, 1 sandwich: 552 Calories; 238.5 Calories from fat; 26.5g Total Fat (11.4 g Saturated Fat; 1 g Trans Fat; 1.1 g Polyunsaturated Fat; 9.1 g Monounsaturated Fat;) 104 mg Cholesterol; 877 mg Sodium; 35 g Total Carbohydrate; 1.2 g Dietary Fiber; 5.5 g Total Sugars; 41 g Protein; 2 g Added Sugars; 485.9 mg Calcium; 4.6 mg Iron.

Oklahoma Onion Burgers

Fire up the griddle to prepare these authentic Oklahoma smashburgers. Thinly sliced sweet onion is cooked with the burger to enhance the flavor of this cult classic.

Recipe Time: 20 Minutes

Makes 4 servings

- 2 pounds Ground Beef (80% Lean or Leaner)
- Salt and pepper
- 2 cups thinly sliced sweet onion
- 8 slices American cheese
- 4 potato sandwich buns, split, toasted



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 1/4 cup onion on top of each ball. **Cook's Tip:** Watch onions carefully to prevent burning!
3. Turn balls onto onions, smashing into thin patties with a spatula or burger press. Cook 1 to 2 minutes or 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. Serve on potato buns.

Nutrition information per serving, 4 burgers: 839 Calories; 441 Calories from fat; 49g Total Fat (21.7 g Saturated Fat; 1.9 g Trans Fat; 2.5 g Polyunsaturated Fat; 18 g Monounsaturated Fat;) 207 mg Cholesterol; 1350 mg Sodium; 34 g Total Carbohydrate; 1 g Dietary Fiber; 7.5 g Total Sugars; 62 g Protein; 3.1 g Added Sugars; 720.9 mg Calcium; 7 mg Iron.

Birria Smashburgers

A delicious fusion that combines the crispy, caramelized edges of a classic smashburger with the rich, savory flavors of traditional beef birria. Serving the burger with a side of warm birria consommé for dipping, mimicking the experience of eating a birria taco.

Total Recipe Time: 60 minutes

Makes 4 servings

For the Birria Consommé:

- 2 dried guajillo chiles, stemmed and seeded
- 1 dried ancho chile, stemmed and seeded
- 1 tbsp vegetable oil
- 1/2 white onion, chopped
- 3 garlic cloves, minced
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1 tsp Mexican oregano
- 1 tbsp tomato paste
- 2 cups beef broth
- 1 tbsp apple cider vinegar
- Salt & pepper to taste

For the Smashburgers:

- 1 lb 80/20 ground beef
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 white onion, finely diced
- 1 tbsp adobo sauce (from canned chipotles in adobo)
- 1 tbsp chopped fresh cilantro
- 4 slices Oaxaca cheese (or Monterey Jack/Mozzarella)
- 4 brioche buns, toasted

For Serving:

- Pickled red onions
- Fresh cilantro, chopped
- Small bowls of warm birria consommé for dipping

Make the Birria Consommé:

1. Place the dried chiles in a bowl of hot water and soak for 10 minutes until softened.
2. In a saucepan, heat vegetable oil over medium heat. Add onions and garlic and sauté until soft. Stir in cumin, cinnamon, oregano, and tomato paste, cooking for another 2 minutes.
3. Blend the rehydrated chiles with 1/2 cup of the soaking water and add the mixture back into the saucepan.
4. Stir in beef broth, vinegar, salt, and pepper. Simmer for 15-20 minutes until flavors develop. Strain if a smoother broth is desired. Keep warm.

Prepare the Beef:

1. In a mixing bowl, gently combine ground beef with salt, pepper, smoked paprika, cumin, adobo sauce, and cilantro.
2. Divide into 4 loosely packed balls (about 4 oz each).
3. Heat a cast-iron skillet or griddle over medium-high heat. Add a thin layer of diced onions to the skillet. Place a beef ball on top and immediately smash it down very thin using a metal spatula. Hold for 10 seconds to create crispy edges.
4. Let cook for 2-3 minutes, then flip. Brush the patties lightly with birria consommé for extra flavor.
5. Immediately place a slice of Oaxaca cheese on each patty and let it melt.
6. Toast the buns on the griddle, brushing them with a little consommé for added richness.
7. Place the cheesy smashburger on the bottom bun. Top with pickled red onions and fresh cilantro. Place the top bun on and press lightly. Serve with a small bowl of warm birria consommé for dipping.



Cooking Tip: *Smash hard! The thinner the patty, the crispier the edges. Brush with consommé for extra birria flavor infusion. Double up on patties for an extra-meaty experience. Dip every bite in the rich, smoky birria consommé for next-level flavor.*

Nutrition information per serving: 468 Calories; 231 Calories from fat; 25.6 g Total Fat (10.9 g Saturated Fat; 8 g Monounsaturated Fat); 127.8 mg Cholesterol; 880.3 mg Sodium; 27.9 g Total Carbohydrate; 0.9 g Dietary Fiber; 28.7 g Protein; 4.8 mg Iron, 440.3 mg Potassium; 0.1 mg Thiamin; 0.3 mg Riboflavin; 7.5 mg Niacin (NE); 0.4 mg Vitamin B6; 2.3 mcg Vitamin B12; 5.6 mg Zinc; 19.9 mcg Selenium; 69.4 mg Choline. **This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin (NE), Vitamin B6, Vitamin B12, Zinc, and Selenium. It is a good source of Choline.**

Slinger Smashburgers

A regional St. Louis classic reimaged into a delicious burger. Inspired by the original slinger which consists of ground beef, hashbrowns, chili, cheese and onion.

Recipe Time: 30 minutes

Makes 6 servings

- 1 pound Ground Beef (80% lean or leaner)
- 3 medium Yukon Gold potatoes (about 3/4 cup), shredded, drained well
- 1/2 cup thinly sliced onion
- Salt and pepper, to taste
- 1 cup shredded Italian cheese blend
- 6 eggs, fried
- 6 potato sandwich buns, toasted

Coney Sauce:

- 1 pound Ground Beef (80% Lean or Leaner)
- 1/2 cup chopped onion
- 1 tablespoon finely chopped garlic
- 3 tablespoons chili powder
- 2 cups beef stock or broth
- 1 can (15 ounces) tomato sauce
- 1 can (9 ounces) diced tomatoes with green chilies
- 3 tablespoons masa harina (corn flour)
- 2 tablespoons Worcestershire sauce



1. Make Coney Sauce—Heat large skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings, as necessary. Stir in onion, garlic and chili powder. Cook 3 to 5 minutes or until onion is tender. Add beef stock, tomato sauce, tomatoes, masa harina and Worcestershire sauce. Reduce heat; cook 15 to 20 minutes or until sauce thickens, stirring occasionally.
2. Heat griddle flat top or large cast-iron skillet over medium heat until hot. Combine Ground Beef, potato and onion in small bowl. Divide evenly into 6 portions. Lightly shape into loose balls. Season with salt and pepper, as desired.
3. Evenly place half of balls on griddle; cook 1 to 2 minutes or until bottoms are browned and crispy.
4. Turn balls, smashing into thin patties with a spatula or burger press. Cook 1 to 2 minutes or 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. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*
5. Top each patty with 2 tablespoons cheese.
6. Evenly place patty on each bun; top with 1/3 cup Coney Sauce, fried egg and top halves of buns.

Nutrition information per serving, 1 burger: 560 Calories; 243 Calories from fat; 27g Total Fat (10 g Saturated Fat; 0.6 g Trans Fat; 2.9 g Polyunsaturated Fat; 9.4 g Monounsaturated Fat); 265 mg Cholesterol; 970 mg Sodium; 38 g Total Carbohydrate; 2.6 g Dietary Fiber; 6.7 g Total Sugars; 40 g Protein; 3.1 g Added Sugars; 301.2 mg Calcium; 5.9 mg Iron. **This recipe is an excellent source of Protein, Calcium, Iron, Vitamin D, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.**