

June 2021 TV Recipes—Beef Burger Recipes

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!

Spicy Hawaiian Burgers

*These **spicy Hawaiian burgers** check all the boxes: delicious, nutritious, filling, juicy, slightly sweet and spicy, all thanks to perfectly seasoned ground beef patties, my favorite Hawaiian hamburger sauce, a pineapple relish, and chipotle mayo!*

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef
- 1/3 cup mayo
- 1 tablespoon adobo sauce
- 4 slices pepper jack cheese
- 1 cup pineapple, finely diced and well drained of excess juices
- 1 jalapeno, finely diced
- 1/4 onion, finely diced
- 1/4 cup cilantro
- 4 bacon strips cooked, until near-crisp
- 4 hamburger buns

Hawaiian Hamburger Sauce

- 1/3 cup teriyaki sauce
- 1/3 cup ketchup
- 1/4 cup brown sugar
- 1 teaspoon minced garlic
- 1/2 teaspoon crushed red pepper flakes

Hamburger Seasoning

- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- Salt and pepper to taste

1. Stir together mayo and adobo sauce. Set aside.
2. Stir together pineapple, jalapenos, onions, and cilantro. Set aside.
3. Make Hawaiian Hamburger Sauce. In a small saucepan combine teriyaki sauce, ketchup, brown sugar, garlic, and red pepper flakes. Bring to a boil, reduce to simmer and cook for five minutes. Remove from heat and set aside.
4. Divide Ground Beef into four equal sections. Shape into 5-inch patties. Season with garlic powder, chili powder, and salt and pepper to taste.
5. Preheat a grill, then grill patties for 5-7 minutes on each side until they reach 160 degrees F as measured by a meat thermometer. Transfer burger patties to a platter and immediately top each with a slice of pepper jack cheese. Allow to melt for 1-2 minutes.
6. Assemble burgers by spreading chipotle mayo on the bottom half of the bun. Top with grilled burger patty, bacon, pineapple relish, BBQ sauce, and top half of bun. Serve immediately.

Cook's Tip: *For the buns I love to use brioche (pictured) or sweet Hawaiian hamburger buns for this recipe.*

Recipe courtesy of [Crème de la Crumb](#). @cremedelacrumb1

Nutrition information per serving—Calories: 841 kcal, Carbohydrates: 52 g, Protein: 34 g, Fat: 54 g, Saturated Fat: 18g, TransFat: 1 g, Cholesterol: 122 mg, Sodium: 2555 mg, Potassium: 655 mg, Fiber: 2 g, Sugar: 29 g, Vitamin A: 572 IU, Vitamin C: 27 mg, Calcium: 292 mg, Iron: 5 mg



Greek Beef Burgers with Tzatziki Sauce

Lean ground beef flavored with tangy feta, garlic, and Italian herbs, grilled to perfection, and then topped with mouth-watering tzatziki sauce, cucumbers, onion, tomato, and more!

Total Recipe Time: 30 minutes

Makes 4 servings

Burger patties

- 1 pound lean Ground Beef
- 2 tablespoons crumbled feta cheese
- 2 teaspoons minced garlic or 1 teaspoon garlic powder
- 1 teaspoon salt
- 2 teaspoons Herbs de Provence
- ½ teaspoon cracked black pepper
- ¼ teaspoon crushed red pepper flakes

Tzatziki Sauce

- 1 cup plain Greek yogurt
- 2 teaspoons minced garlic
- 1 teaspoon salt or to taste
- ¼ teaspoon cracked black pepper or to taste
- 1 teaspoon finely chopped fresh mint
- 1 teaspoon finely chopped fresh dill
- 2 teaspoons freshly squeezed lemon juice

Toppings

- ½ cucumber shaved into ribbons
- 1 tomato thinly sliced
- ½ red onion thinly sliced
- Fresh spinach and arugula
- 4 ciabatta burger buns toasted if desired

1. Stir together all ingredients for the tzatziki. Cover and chill until ready to use.
2. Prepare the burger patties by combining all ingredients in a large bowl. Mix by hand then divide into four equal sections, roll each into a ball then press into a 5-inch round patty.
3. Preheat your grill to medium. Place patties on the grill a few inches apart to ensure even cooking. Cook for 5-7 minutes on each side until they reach 160 degrees F as measured by a meat thermometer. Allow to rest on a plate (covered) for 5 minutes before assembling burgers.
4. Assemble the burger patties on the ciabatta buns, top with tzatziki sauce, tomatoes, onions, fresh spinach and arugula, and cucumber ribbons. Serve immediately.

Cook's Tip: If you can't find Herbs de Provence, make your own with 1/2 teaspoon each: dried thyme, dried oregano, dried basil, dried parsley.

Recipe courtesy of [Crème de la Crumb](#). @cremedelacrumb1

Nutrition information per serving—Calories: 419 kcal, Carbohydrates: 26 g, Protein: 32 g, Fat: 20 g, Saturated Fat: 8 g, TransFat: 1 g, Cholesterol: 84 mg, Sodium: 1541 mg, Potassium: 494 mg, Fiber: 1 g, Sugar: 5 g, Vitamin A: 40 IU, Vitamin C: 3 mg, Calcium: 156 mg, Iron: 4 mg



Wisconsin Beef Council
957 Liberty Drive, Ste 201
Verona, WI 53593
BeefTips.com



Best Pepperoni Pizza Burgers

Why would you not combine two of the best foods ever invented... Burgers and Pizza?? The kids, of all ages, are going to love this one.

Recipe Time: 35 minutes

Makes 6 servings

- 6 ounces Mozzarella cheese, shredded (1 1/2 cups)
- 1 cup diced pepperoni
- 3/4 cup pizza sauce, divided
- 1 tablespoon dried oregano
- 2 pounds lean ground beef (80% lean)
- Salt and pepper
- 6 ounces Renard's Mozzarella cheese, cut into six slices (1 ounce each)
- 6 hamburger buns, split
- Optional Toppings: pepperoni, pickled and bell peppers, red onion and ripe olives



1. Grease grill grate. Heat grill to medium.
2. Combine the shredded mozzarella, pepperoni, 1/2 cup pizza sauce and oregano in a large bowl. Crumble ground beef over mixture; mix just until combined. Form into six patties, about 1/3 pound each. Season with salt and pepper.
3. Grill burgers, covered, over medium heat for 5-8 minutes on each side or until a thermometer inserted in patties reads 160°F. Top with mozzarella slices. Cover and cook for 1-3 minutes longer or until cheese is melted.
4. Spread bun bottoms with remaining pizza sauce; top with burgers and toppings if desired. Replace bun tops. **Recipe courtesy of [Dairy Farmers of Wisconsin](#).**

Beef & Kimchi Smash Burgers

Use Flank Steak, arugula, blue cheese and ciabatta bread for a fresh and tasty sandwich. Perfect to make for lunch or a quick dinner.

Recipe Time: 25 minutes

Makes 4 servings

- 1 lb. Ground Beef
- 1/2 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1/4 cup finely chopped fresh kimchi
- 1/4 cup mayonnaise
- 1 teaspoon gochujang

For the cucumber pickles:

- 1 cup sliced English or Persian cucumber
- 1 tablespoon rice wine vinegar
- 1 teaspoon toasted sesame seeds

For the sauteed kimchi:

- 3/4 cup roughly chopped fresh kimchi
- 1/4 large yellow onion, sliced
- 2 cloves garlic, thinly sliced
- 1 teaspoon honey

- 4 large eggs
- Toasted hamburger buns (or some sticky rice or green leaf lettuce wraps)



Optional: 4 slices of yellow cheddar cheese, sesame seeds, broccoli slaw, and sliced green onion to serve.

1. In a large bowl, add the Ground Beef, salt, black pepper, and chopped kimchi. Use your hands to toss everything until the ingredients are combined. Divide the mixture into four equal (4-ounce) portions, then gently shape the burgers into balls, and transfer to a plate. Cover and refrigerate for the flavors to meld, as you prepare the other ingredients.
2. Add the mayonnaise and gochujang to a small bowl, then use a fork to stir until the sauce is even in color. Set aside.
3. Pickle the cucumbers: Add the sliced cucumber, vinegar, sesame seeds, and salt to a small bowl. Toss, then cover and set aside until ready to assemble.
4. Heat a flat top grill or large cast-iron skillet to medium-high heat. Add the Ground Beef Burgers one by one, pressing them down with your spatula or burger press until relatively thin, about 1 -inch thick. Cook without touching them for a nice crust to form at the bottom, 1 to 2 minutes. Flip, and cook for another 1 minute, then use a spatula to transfer the burgers to a separate plate when a meat thermometer inserted into the center reads 160°F.
5. Lower the heat to medium, and add the kimchi, sliced onions, garlic, and honey to the same skillet or flat top. Cook until the onions caramelize, and kimchi just starts to crisp around the edges, 2 to 3 minutes. This process will intensify the flavor even more! Transfer the kimchi to a small bowl and fry your eggs the way you like them.
6. To assemble, place each toasted bottom bun on a plate. Evenly spread about one teaspoon of gochujang mayonnaise onto each bun half, followed by your lettuce, one Beef Burger patty, kimchi, quick-pickled cucumbers, and a fried egg. Or assemble it any way you want! Top with some sesame seeds and chopped green onion, then enjoy!

Recipe courtesy of [The Daley Plate](#). @thedaleyplate

California Beef Burger Bowl

This easy recipe for California Beef Burger Bowls is packed with all the tasty goodness of a California burger in a hearty salad topped with a flavorful homemade ranch vinaigrette dressing. This easy Beef recipe is on the table in 20 minutes or less!

Recipe Time: 20 minutes

Makes 4 servings

For the burger bowl:

- 16 oz ground Sirloin Beef recommended 93% or less lean
- ½ tsp salt
- ¼ tsp pepper
- 8 oz lettuce I like to use ½ butter lettuce and ½ green leaf lettuce
- 10 oz cherry tomatoes sliced or chopped
- ½ sweet onion thinly sliced
- 4 oz 50% light sharp cheddar cheese
- 4 slices center-cut bacon cooked and chopped
- 12 dill pickle slices
- 1 large avocado sliced

For the Ranch Vinaigrette:

- ¼ cup avocado oil
- ¼ cup water
- 1 oz packet of Ranch dressing mix
- 1 tbsp raw sugar
- 2 tbsp apple cider vinegar



1. Heat a skillet over medium heat and cook the ground beef until browned and no longer pink, about 7-10 minutes. Drain any grease, season with salt and pepper, cover, and set aside to keep warm.
2. Divide the lettuce between 4 large salad bowls.

- Place all of the dressing ingredients into a jar, seal, and shake until mixed. You can also pour it into a jar or dressing cruet and shake until mixed.
- Top with the cooked ground beef, chopped tomatoes, sliced onion, cheddar cheese, cooked bacon, dill pickle slices, and avocado. Serve with dressing and enjoy!

Cook's Tip: Nutrition info calculated for the salad only. A tablespoon of the ranch vinaigrette as prepared adds 54 calories and 5 grams of fat. **Recipe courtesy of [Amee's Savory Dish](#). @ameessavorydish**
 Nutrition information per serving-Calories: 450kcal | Carbohydrates: 13g | Protein: 34g | Fat: 30g | Saturated Fat: 10g | TransFat: 1g | Cholesterol: 83mg | Sodium: 928mg | Potassium: 902mg | Fiber: 5g | Sugar: 6g | Vitamin A: 803IU | Vitamin C: 25mg | Calcium: 177mg | Iron: 4mg

Caprese Polenta Sliders

Make your next dinner party a success by kicking off the night with these appetizers; topping mini Ground Beef sliders with fresh mozzarella cheese, juicy tomatoes, fresh basil and balsamic syrup.

Recipe Time: 40 minutes

Makes 8 servings

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 2/3 cup balsamic vinegar
- 1 package (16 to 18 ounces) refrigerated prepared polenta, cut into 8 slices
- 2 tablespoons olive oil
- 1 package (8 ounces) fresh mozzarella cheese, cut into 8 slices
- 2 medium tomatoes, cut into 4 slices each
- 1/4 cup thinly sliced fresh basil



- 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 or glaze may be substituted for balsamic reduction.
- Meanwhile lightly shape Ground Beef into eight 1/2-inch thick patties.
- Brush polenta slices with oil. Place patties in center of grid over medium, ash-covered coals. Grill burger 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: If prepared polenta is not available, the following may be used: Combine 3 cups water, 1 tablespoon butter and 1/2 teaspoon salt in large saucepan; bring to a boil. Gradually whisk in 1 cup cornmeal. Reduce heat to medium-low; cook 15 minutes, stirring often. (Mixture will be very thick.) Remove from heat; cool slightly. Spoon polenta on aluminum foil-line baking sheet. Cover with plastic wrap and pat into 12 x 6 x 1/2-inch rectangle. Refrigerate 1 hour or as long as overnight. Cut chilled polenta into eight 3-inch circles using a cookie or biscuit cutter. Proceed as directed above.

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.

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

Nutrition information per serving using 93% lean ground beef: 324 Calories; 150.3 Calories from fat; 16.7g Total Fat (7 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 5 g Monounsaturated Fat;) 83 mg Cholesterol; 217 mg Sodium; 17 g Total Carbohydrate; 0.4 g Dietary Fiber; 4 g Total Sugars; 26 g Protein; 0 g Added Sugars; 122.7 mg Calcium; 3.1 mg Iron; 400 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 5.6 mg NE Niacin; 0.3 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 193 mg Phosphorus; 5 mg Zinc; 17.4 mcg Selenium; 74 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Riboflavin, Vitamin B₆, Phosphorus, and Choline.