

May 2023 TV —Beef Burger Recipes

Enjoy one of America's favorite - the burger! Explore these delicious beef burger recipes or get inspired to create your own. After all, as long as it's a beef burger, you really can't go wrong!

Thai Burgers

These unique burgers are topped with the flavors of Thailand: peanut butter, lime juice and hoisin with the crunch of cabbage.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 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
- 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, ginger and chili sauce in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.

***Cook's Tip:** Hot chili sauce, an Asian condiment made from red chilies, garlic and vinegar, imparts a tangy, spicy heat to dishes. Hot chili sauce is available in Asian markets and the Asian section of most supermarkets.*

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.

***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.*

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 per serving using 93% lean ground beef:** 354 Calories; 117.9 Calories from fat; 13.1g Total Fat (4.3 g Saturated Fat; 0.2 g Trans Fat; 2.2 g Polyunsaturated Fat; 5.2 g Monounsaturated Fat;) 84 mg Cholesterol; 380 mg Sodium; 28 g Total Carbohydrate; 1.2 g Dietary Fiber; 6 g Total Sugars; 31 g Protein; 0.2 g Added Sugars; 96.3 mg Calcium; 4.8 mg Iron; 539 mg Potassium; 0 mcg Vitamin D; 0.3 mg Riboflavin; 8.7 mg NE Niacin; 0.5 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 286 mg Phosphorus; 6.9 mg Zinc; 33.4 mcg Selenium; 105.7 mg Choline. This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.*

Wisconsin Beef Council
957 Liberty Dr, Ste 201
Verona, WI 53593
1-800-728-BEEF



Olympian Burgers

This burger is dressed up with olive tapenade, grilled zucchini and onions, and fresh spinach. It's chockfull of vegetables and flavor!

Total Recipe Time: 35 minutes

Makes 4 servings

- 1 pound Lean Ground Beef
- 1/4 cup low-fat or regular plain Greek-style yogurt
- 1/2 cup olive tapenade, divided
- 1 small sweet onion, thinly sliced
- 1 small zucchini, thinly sliced
- 1/4 cup crumbled feta cheese
- 4 whole-grain hamburger buns, split, toasted
 - Fresh spinach leaves



1. Combine yogurt and 1/4 cup tapenade in small bowl. Cover and refrigerate until ready to use.
2. Combine Ground Beef and remaining 1/4 cup tapenade in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
3. Heat grill pan over medium heat until hot. Place patties in pan; cook 10 to 12 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with pepper, as desired. Remove; keep warm. **Cook's Tip:** *Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.*
4. Add onion and zucchini to grill pan over medium heat; season with salt and pepper, as desired. Cook 5 to 6 minutes or until lightly browned and crisp-tender, turning occasionally.
5. Spread 1 tablespoon yogurt mixture on the cut side of each bun, then add spinach to bottom bun. Place burger on top of spinach and add 1 tablespoon cheese; top with onion and zucchini. Close sandwiches.

Nutrition information per serving: 406 Calories; 171 Calories from fat; 19g Total Fat (6 g Saturated Fat; 4 g Monounsaturated Fat;) 74 mg Cholesterol; 655 mg Sodium; 30 g Total Carbohydrate; 4.8 g Dietary Fiber; 30 g Protein; 5.3 mg Iron; 7.3 mg NE Niacin; 0.6 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 6.4 mg Zinc; 34 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber.

Caribbean Cheeseburgers with Grilled Pineapple

Imagine a taste of the Caribbean as you bite into these burgers with jerk spices, mango and pineapple. You're gonna love it.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Lean Ground Beef
- 1/4 cup mango chutney
- 2 teaspoons Caribbean jerk seasoning
- 4 fresh or canned pineapple slices, cut 1/2 inch thick
- 4 Kaiser rolls or hamburger buns, split
- 4 slices sharp Cheddar cheese



1. Combine Ground Beef, chutney and jerk seasoning in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties. **Cook's Tip:** *If using 93% lean Ground Beef or leaner, add 1/4 cup soft bread crumbs and 1 egg white to ingredients in step 1. If fruit chunks in chutney are large, use kitchen shears to snip them into smaller pieces.*
2. Place patties in center of grid over medium, ash-covered coals; arrange pineapple slices around patties. Grill, uncovered, 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. Grill pineapple, uncovered, 8 minutes or until heated through. (Gas grilling times remain the same.) About 2 minutes before burgers are done, place rolls, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese.

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 1 pineapple slice and burger patty on bottom of each bun. Close sandwiches.

Nutrition information per serving using 93% lean ground beef, 1/4 recipe: 529 Calories; 184.5 Calories from fat; 20.5g Total Fat (9.1 g Saturated Fat; 0.3 g Trans Fat; 1.7 g Polyunsaturated Fat; 6.3 g Monounsaturated Fat;) 112 mg Cholesterol; 761 mg Sodium; 49 g Total Carbohydrate; 1.7 g Dietary Fiber; 10.9 g Total Sugars; 39 g Protein; 0 g Added Sugars; 280.2 mg Calcium; 5.3 mg Iron; 546 mg Potassium; 0.3 mcg Vitamin D; 0.5 mg Riboflavin; 9 mg NE Niacin; 0.5 mg Vitamin B₆; 3 mcg Vitamin B₁₂; 413 mg Phosphorus; 8.1 mg Zinc; 51.2 mcg Selenium; 111.5 mg Choline. This recipe is an excellent source of Protein, Calcium, Iron, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.

Cheesehead Sliders

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

Total 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 B₆; 2.8 mcg Vitamin B₁₂; 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 B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Riboflavin, Phosphorus, and Choline.

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 with a touch of garlic brings this burger to new heights.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (95% lean)
- 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 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 B₆; 2.3 mcg Vitamin B₁₂; 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 B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.*