Zesty Barbecue Cheeseburgers

Who can resist a juicy Ground Beef burger with extra zip from barbecue sauce?

25 Min | 4 Servings | 42 Cal | 26g Protein

INGREDIENTS

1 pound Ground Beef (93% lean or leaner)

1/4 cup finely chopped red onion

4 tablespoons barbecue sauce, divided

4 slices white Cheddar, pepper Jack, smoked Gouda or provolone cheese

4 whole wheat hamburger buns or pretzel rolls, split, toasted

Lettuce leaves, tomato slices and red onion slices (optional)

COOKING

1. Combine Ground Beef, chopped onion and 2 tablespoons barbecue sauce in medium bowl, mixing lightly but thoroughly. 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 1 minute before burgers are done, brush with remaining 2 tablespoons barbecue sauce and top with cheese.

3. Line bottom half of each bun with lettuce, sliced red onion and tomato, as desired; top with burger. Close sandwiches.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		21.9g	88mg		30g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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