

# HAMBURGER

## INGREDIENTS

1 lb ground beef  
1 tsp salt  
1/2 tsp black pepper  
4 hamburger buns  
Lettuce, tomato slices, pickles, and onions (optional toppings)  
1 tbsp vegetable oil  
1/4 cup ketchup

A hamburger is a quintessential American dish, beloved for its simplicity and versatility. This classic recipe features a juicy beef patty, perfectly seasoned and topped with fresh ingredients. It's a timeless favorite for any meal, whether it's a casual lunch or a hearty dinner.

## INSTRUCTIONS

1. Preheat a grill or griddle skillet to moderate heat and lightly oil the grates or pan.
2. Take the shallow bowl and mix the minced meat, salt, and black pepper. Mix gently to combine.
3. Divide the beef mixture into 4 equal segments and shape them into patties.
4. Cook the patties for 4-5 minutes on one side until desired doneness is achieved.
5. Spread ketchup on each bun base. Assemble the burgers by placing each patty on a bun and adding your favorite toppings.



Prep: Time  
10 mins



Cook Time  
10 mins



Serving  
4

## Nutrition

Calories: 350, Protein: 24g, Fat: 18g, Carbohydrates: 28g

# CHEESEBURGER

## INGREDIENTS

1 lb ground beef  
1 tsp salt  
1/2 tsp black pepper  
4 slices of cheddar cheese  
4 hamburger buns  
Lettuce, tomato slices, pickles, and onions (optional toppings)  
1 tbsp vegetable oil  
1/4 cup mayonnaise



A cheeseburger is an enhanced version of the classic hamburger. It features a slice of melted cheese that adds a rich and creamy texture. This recipe is perfect for those who crave an extra layer of flavor in their burgers.

## INSTRUCTIONS

1. Preheat a grill or griddle pan to moderate heat and lightly oil the grates or pan.
2. Take the shallow bowl and toss the minced meat, salt, and crushed black pepper. Mix gently to combine. Divide the beef mixture into 4 equal segments and shape them into patties.
3. Cook the patties for 4-5 minutes per side, or until they are the desired doneness.
4. In the last cooking step, place a slice of cheese on each patty to melt.
5. Spread mayonnaise on each bun base. Assemble the burgers by placing each patty on a bun and adding your favorite toppings.



Prep: Time  
10 mins



Cook Time  
10 mins



Serving  
4

## Nutrition

Calories: 400, Protein: 26g, Fat: 22g, Carbohydrates: 28g



# JALAPENO BURGER WITH SWISS CHEESE



## INGREDIENTS

1 lb ground beef  
1 tsp salt  
1/2 tsp black pepper  
1/4 cup diced jalapenos  
4 slices of Swiss cheese  
4 hamburger buns  
Lettuce, tomato slices, and onions  
(optional toppings)  
1 tbsp vegetable oil  
1/4 cup chipotle mayonnaise

The Jalapeno Burger with Swiss Cheese offers a delightful blend of spice and creaminess. The heat from the jalapenos combined with the smooth, nutty flavor of Swiss cheese creates a burger that's both exciting and satisfying.

## INSTRUCTIONS

1. Preheat a grill or grilled pan to medium-high heat and lightly oil the grates or pan.
2. Take the shallow bowl and toss the ground beef with salt, black pepper, and diced jalapenos. Mix gently to combine.
3. Divide the beef mixture into 4 equal segments and shape them into patties.
4. Cook the patties for 4-5 minutes per side until desired doneness is achieved.
5. In the last minute, place a slice of Swiss cheese on each patty to melt.
6. Spread chipotle mayonnaise on the bottom half of each bun. Assemble the burgers by placing each patty on a bun and adding your favorite toppings.



Prep: Time  
10 mins



Cook Time  
15 mins



Serving  
4

## Nutrition

Calories: 420, Protein: 27g, Fat: 24g, Carbohydrates: 27g

# ONION BURGER

## INGREDIENTS

1 lb ground beef  
1 tsp salt  
1/2 tsp black pepper  
1 large onion, thinly sliced  
4 hamburger buns  
Lettuce, tomato slices, and pickles  
(optional toppings)  
2 tbsp vegetable oil  
1/4 cup BBQ sauce

The Onion Burger is a flavorful twist on the traditional burger, featuring caramelized onions both inside the patty and as a topping. This burger is rich and savory, and it is sure to please onion lovers.

## INSTRUCTIONS

1. Heat one tbsp oil in a skillet over medium heat. Add chopped onions, stirring occasionally, and cook until caramelized (about 15 minutes). Remove from heat.
2. Preheat a grill or grilled pan to moderate heat and lightly oil the grates or pan.
3. Take the shallow bowl and toss in the ground beef with salt, black pepper, and half of the caramelized onions. Mix gently to combine.
4. Divide the beef mixture into 4 equal sections and shape them into patties.
5. Cook the patties for 4-5 minutes on one side until desired doneness is achieved.
6. Spread BBQ sauce on each bun base. Assemble the burgers by placing each patty on a bun and topping with the remaining caramelized onions and your favorite toppings.



Prep: Time  
10 mins



Cook Time  
20 mins



Serving  
4

## Nutrition

Calories: 380, Protein: 24g, Fat: 20g, Carbohydrates: 30g



# ONION RINGS



## INGREDIENTS

1 large onion, sliced into rings  
1 cup all-purpose flour  
1 cup buttermilk  
1 cup breadcrumbs  
1 tsp salt  
1/2 tsp black pepper  
Vegetable oil for frying  
1/4 cup ranch dressing

Onion rings are a classic side dish that pairs perfectly with burgers. These rings are crispy on the outside and tender on the inside, making them an irresistible addition to any meal.

## INSTRUCTIONS

1. Heat vegetable oil (add ¼ cup or as needed) in a deep-bottom fryer or pot to 375°F (190°C).
2. Separate the onion slices into individual rings. Place the flour, buttermilk, and breadcrumbs in three separate bowls.
3. Powder the flour with salt and black pepper. Drag each onion ring into the flour, then the buttermilk, and finally, coat with breadcrumbs.
4. Fry the onion rings (work in batches if needed) for 2-3 minutes or until golden brown and crispy. Drain on paper towels.
5. Serve with ranch dressing for dipping.



Prep: Time  
10 mins



Cook Time  
15 mins



Serving  
4

## Nutrition

Calories: 300, Protein: 4g, Fat: 15g, Carbohydrates: 36g