

Klupskies (Polish Burgers)



This recipe is a family favorite that was passed down over the generations. Grandma and Pap just ate them plain, with a fork (sometimes dipped in ketchup), but our family likes to top these burgers with cheese and serve on a hamburger bun in the traditional way. I have also seen these referred to as Kotlety Mielone. These can also be cooked on the grill.

Prep: 15 mins

Cook: 20 mins

Total: 35 mins

Servings: 4

Yield: 4 burgers



Ingredients

1 pound ground beef
1 small onion, diced
½ green pepper, diced
1 egg
2 tablespoons ketchup
¼ teaspoon sea salt
2 slices white bread, torn into small pieces
1 serving cooking spray with olive oil

Directions

Step 1

Mix ground beef, onion, green pepper, egg, ketchup, and sea salt together in a bowl; mix in the white bread pieces until evenly distributed. Form the mixture into 4 patties.

Step 2

Spray a large skillet with olive oil cooking spray and set over medium heat. Cook the burgers until well-browned on the bottoms, about 10 minutes; flip the burgers and cook until the meat is no longer pink and the juices run clear, 8 to 10 more minutes.

Cook's Note:

For the juiciest burgers, do not press the meat and try to only flip once.

Nutrition Facts

Per Serving:

270 calories; protein 21.9g; carbohydrates 10.6g; fat 15.1g; cholesterol 115.3mg; sodium 362.7mg.