



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



1 pound Ground Beef

1 pound Ground Beef (93% lean or leaner)

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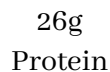
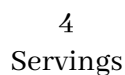
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1/4 cup finely chopped red onion

1/4 cup finely chopped red onion

[illegible]

[illegible]



[illegible]

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4 slices white Cheddar, pepper Jack, smoked Gouda or

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4 slices white Cheddar, pepper Jack, smoked Gouda or

4 slices white Cheddar, pepper Jack, smoked Gouda or

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

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

Lettuce leaves, tomato slices and red onion slices

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

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

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## COOKING

1. Combine Ground Beef, onion and 2 tablespoons barbecue sauce in medium bowl, mixing lightly but thoroughly. Shape into four 1/2-inch thick patties.
2. 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.
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
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