

Top It

Like a

Texan



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A wooden cutting board is filled with fresh burger toppings. In the top left, a light blue plate holds four grilled, round burger patties with distinct char marks. The board itself is covered with large, crisp green lettuce leaves, several thick slices of bright red tomatoes, and a stack of sliced red onions. To the left, there are slices of melted yellow cheese. On the right, there are two halves of a ripe avocado, a small white bowl of red salsa, and another small white bowl of green guacamole. The background is a rustic wooden surface.

Texas Toppings

Burgers are a staple at any Texas table and like most things, Texans top burgers better than anyone.

How to make a perfect hamburger patty



- 1 Combine Ground Beef and seasoning into a large bowl mixing lightly but thoroughly.



- 2 Shape the mixture into equal-sized balls.



- 3 Gently press the balls down to make flat burger shapes $\frac{1}{2}$ - $\frac{3}{4}$ -inch thick.



- 4 Make a small indentation in the center of the burger with your thumb. This prevents the center from swelling, leading to uneven cooking.

Texas Burger with Beer Cheese Sauce

 45
MINUTES

 MAKES 8
SERVINGS

 10
INGREDIENTS



Ingredients

2 lbs. **Ground Beef**
(90% lean)

Kosher salt

Freshly ground
black pepper

2 large **red onions**,
cut in 3/4-inch slices

Olive oil

8 (2 oz.) **pretzel bun**

8 **lettuce leaves**

8 slices **tomato**

Beer Cheese Sauce,
recipe on next page

1/2 cup chopped,
pickled jalapeño
peppers

Nutrition Information

Nutrition information per serving: **Calories 480**; **Total fat** 31g (Sat. fat 16g; Trans fat 0g); **Cholest.** 140mg; **Sodium** 830mg; **Total Carb.** 9g; Fiber 1g; Total Sugars 3g; **Protein** 35g; Vit D (2% DV); Calcium (30% DV); Iron (25% DV); Potas. (14% DV)

Preparation

- 1 Preheat gas or charcoal grill to 400°F.
- 2 Combine Ground Beef in a large bowl, mixing lightly but thoroughly. Shape into four 3/4-inch thick patties. Season each side with salt and pepper. Make a small indentation in the center of the burger with your thumb.
- 3 Place burgers on oiled grates and grill for approximately 5 minutes on one side. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger.
- 4 Drizzle each side of onion slices with olive oil. Season with salt and pepper. Grill 5 to 7 minutes on each side or until onion is tender and has caramelized.
- 5 Place lettuce, grilled onion slice, tomato, and then burger on bottom of bun. Drizzle 2 Tbsp. Beer Cheese Sauce on each burger. Evenly top with pickled jalapeño peppers. Close sandwiches.

(Beer Cheese recipe on the next page.)

Texas Beer Cheese Sauce

 20
MINUTES

 MAKES 2
CUPS

 6
INGREDIENTS

Ingredients

2 Tbsp. **butter**

2 Tbsp. all-purpose
flour

1 cup light
Texas beer

¼ cup **half and half**

3 oz. grated **sharp
Cheddar cheese**

3 oz. grated
Swiss cheese

Preparation

- 1 Melt butter in small saucepan over medium heat. Whisk in flour and cook, stirring until the mixture begins to brown, about 2 minutes. Whisk in the beer until smooth. Reduce the heat; cook until the foaming begins to subside and the mixture begins to reduce, about 5 minutes. Whisk in the half and half and continue to cook, stirring occasionally until the sauce thickens, about 10 minutes. Remove from heat, stir in cheeses stirring until completely melted. Keep warm until ready to use.

Nutrition Information

Nutrition information per serving: **Calories 150**; **Total fat** 11g (Sat. fat 7g; Trans fat 0g); **Cholest.** 40mg; **Sodium** 125mg; **Total Carb.** 4g; Fiber 0g; Total Sugars 0g; **Protein** 7g; Vit D (0% DV); Calcium (20% DV); Iron (0% DV); Potas. (0%DV)

Grilling Tips



400°F
or medium
high heat



Cook for a
total of
15-20 minutes



Flip once
halfway through
cooking



**Use Meat
thermometer**
to ensure 160°F
doneness



PRO **Pro Tip**

Use a spatula to flip burger once. Be careful not to release juices by pressing on the burger or piercing with a fork.

Mushroom, Onion & Swiss Burger



 45
MINUTES

 MAKES 8
SERVINGS

 11
INGREDIENTS

Ingredients

2 lbs. **Ground Beef**
(90% lean)

3 tsp. **Worcestershire**
sauce

1 ½ tsp. **Kosher salt**,
divided

1 tsp. freshly ground
black pepper,
divided

3 Tbsp. **olive oil**

16 oz. sliced **baby**
bella mushrooms

1 medium **onion**,
thinly sliced

8 slices **Swiss cheese**

8 (2 oz.) whole-grain
hamburger buns,
toasted

1 cup **BBQ sauce**,
divided

2 cups (8 slices)
green leaf lettuce

Nutrition Information

Nutrition information per serving: **Calories 490**; **Total Fat** 23 g (Sat. Fat 9g; Trans Fat 0 g); **Cholest.** 95 mg; **Sodium** 970 mg; **Total Carb.** 36 g; Fiber 3 g; Total Sugars 15g; **Protein** 34g; Vit. D (2%DV); Calcium (30%DV); Iron (30%DV); Potas. (22%DV)

Preparation

- ① Preheat gas or charcoal grill to 400°F.
- ② Combine Ground Beef, Worcestershire sauce, ¾ tsp. salt and ½ tsp. black pepper in a large bowl, mixing lightly but thoroughly. Shape into eight ¾-inch thick patties. Make a small indentation in the center of the burger with your thumb.
- ③ Heat olive oil over medium heat in a medium skillet. Add mushrooms and onions. Cook until tender, about 10 minutes, stirring frequently. Add ¾ tsp. salt and ½ tsp. freshly ground black pepper. Keep warm.
- ④ Place burgers on oiled grates and grill for approximately 5 minutes on one side. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger. Top each burger with Swiss cheese the last 2 minutes of cooking time or until melted.
- ⑤ Place lettuce, then burgers on bottoms of buns. Evenly top burgers with sautéed mushrooms and onions. Drizzle 2 Tbsp. BBQ sauce on each burger. Close sandwiches.

Caribbean Beef Burgers with Mango Salsa

 30 MINUTES

 MAKES 4 SERVINGS

 9 INGREDIENTS

Ingredients

1 ½ lbs. **Ground Beef**
(90% lean)

2 Tbsp. **Caribbean jerk seasoning**

Salt

8 **buns**

SALSA

1 large **mango**,
peeled, coarsely
chopped
(about 1 cup)

1 Tbsp. chopped
fresh cilantro

1 Tbsp. chopped
green onion

1 Tbsp. finely
chopped seeded
jalapeño pepper

1 Tbsp. fresh
lime juice

Preparation

- ① Preheat gas or charcoal grill to 400°F
- ② Combine Ground Beef and jerk seasoning in a large bowl, mixing lightly but thoroughly. Shape into four ¾-inch thick patties. Make a small indentation in the center of the burger with your thumb.
- ③ Place burgers on oiled grates and grill for approximately 6-7 minutes on one side. Flip once, grilling on the other side for 6 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger.
- ④ Meanwhile, combine salsa ingredients in medium bowl, mixing lightly. Place salsa on burgers and serve.

Nutrition Information

Nutrition information per serving: **Calories 263**; **Total fat** 12g (Sat. fat 5g; Trans fat 0g); **Cholest.** 112mg; **Sodium** 505mg; **Total Carb.** 7g; Fiber .8g; Total Sugars 3g; **Protein** 34g; Vit D (2% DV); Calcium (30% DV); Iron (25% DV); Potas. (14% DV)

Lone Star Beef & Veggie Burger

 10
MINUTES

 MAKES 8
SERVINGS

 12
INGREDIENTS

Ingredients

2 lbs. **Ground Beef**
(90% lean)

1 medium **zucchini**,
grated

1 medium **carrot**,
grated

6 cloves **garlic**,
minced

½ cup **cilantro**,
chopped

¼ cup plain **bread
crumbs**

1 **egg**, beaten

2 Tbsp.
chili powder

2 tsp. **ground cumin**

2 tsp. **Kosher salt**

1 tsp. **freshly
ground pepper**

Buns

Preparation

- ① Preheat gas or charcoal grill to 400°F
- ② Combine Ground Beef and ingredients in a large bowl, mixing lightly but thoroughly. Shape into eight ¾-inch thick patties. Make a small indentation in the center of the burger with your thumb.
- ③ Place burgers on oiled grates and grill for approximately 5 minutes on one side. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger.
- ④ Serve on buns, toast or hard rolls garnished as you like.

Nutrition Information

Nutrition information per serving: **Calories 350**; **Total fat** 15g (Sat. fat 5g; Trans fat 0g); **Cholest.** 75mg; **Sodium** 920mg; **Total Carb.** 25g; Fiber 3g; Total Sugars 4g; **Protein** 29g; Vit D (2% DV); Calcium (8% DV); Iron (30% DV); Potas. (17% DV)

Top It

BUN

Choose a hearty, whole grain bun

AVOCADOS

Boost your fiber and folate with a rich, creamy texture

TOMATOES

Choose fresh tomatoes to boost your lycopene

JALAPEÑO PEPPERS

Give it some spice while packing in vitamin C

CHEESE

Top it with 1 oz of low-fat cheese to boost your calcium

GROUND BEEF

“The star of this show” or 3 oz of lean ground beef gives you zinc, iron and 25g of protein

ONION

Top it with onion for fiber and vitamin C

PICKLES

Top it with pickles for fiber, vitamin A and vitamin K

LETTUCE

Top it with green leaf or Romaine lettuce for fiber and vitamin A (the greener the better)



Roasted Poblano Burger with Pepper Jack Cheese



60
MINUTES



MAKES 8
SERVINGS



9
INGREDIENTS

Ingredients

2 lbs. **Ground Beef**
(90% lean)

Kosher salt

Freshly ground **black pepper**

2 large **poblano peppers**

2 Tbsp. **olive oil**

8 slices **pepper
jack cheese**

½ cup **chipotle mayonnaise**

8 (2 oz.) whole-grain **hamburger buns**

8 slices **curly leaf lettuce**

Nutrition Information

Nutrition information per serving: **Calories 520**; **Total fat** 34g (Sat. fat 12g; Trans fat 0g); **Cholest.** 100mg; **Sodium** 490mg; **Total Carb.** 20g; Fiber 2g; Total Sugars 3g; **Protein** 32g; Vit D (2% DV); Calcium (15% DV); Iron (30% DV); Potas. (13% DV)

Preparation

- ① Preheat gas or charcoal grill to 400°F.
- ② Combine Ground Beef in a large bowl, mixing lightly but thoroughly. Shape into four ¾-inch thick patties. Season each side with salt and pepper. Make a small indentation in the center of the burger with your thumb.
- ③ Preheat oven to 375°F. Place poblano pepper on a baking sheet. Rub each pepper with 1 Tbsp. olive oil. Season with salt and pepper. Roast in the oven until the skin of the chile is blackened, about 15-20 minutes. Remove from the oven, place in a bowl, cover with plastic wrap and steam for 15 minutes. Remove from the bowl, peel, remove the stems and seeds and coarsely chop.
- ④ Place burgers on oiled grates and grill for approximately 5 minutes on one side. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger. Top each burger with a slice of cheese the last 2 minutes of cooking time.
- ⑤ Evenly spread 1 Tbsp. chipotle mayonnaise on top and bottom of each bun. Place lettuce, then burgers on bottoms of buns. Top each burger evenly with chopped poblano pepper and lettuce. Close sandwiches.

Saucy Blue Cheese Burger



30
MINUTES



MAKES 8
SERVINGS



9
INGREDIENTS

Ingredients

2 lbs. **Ground Beef**
(90% lean)

Kosher salt and
freshly ground
black pepper

½ cup light **ranch**
dressing

2 Tbsp. **buffalo**
wing sauce

½ cup **blue cheese**
crumbles

8 slices, **red leaf**
lettuce

8 slices **tomato**

8 (2 oz.) whole-grain
hamburger buns

Nutrition Information

Nutrition information per serving: **Calories 390**; **Total fat** 19g (Sat. fat 7g; Trans fat 0g); **Cholest.** 80mg; **Sodium** 980mg; **Total Carb.** 24g; Fiber 2g; Total Sugars 4g; **Protein** 29g; Vit D (2% DV); Calcium (10% DV); Iron (25% DV); Potas. (16% DV)

Preparation

- ① Preheat gas or charcoal grill to 400°F.
- ② Combine Ground Beef in a large bowl, mixing lightly but thoroughly. Shape into four ¾-inch thick patties. Season each side with salt and pepper. Make a small indentation in the center of the burger with your thumb.
- ③ Place burgers on oiled grates and grill for approximately 5 minutes on one side. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger.
- ④ Prepare dressing by whisking together ranch dressing and buffalo wing sauce in a small bowl. Set aside.
- ⑤ Place lettuce, tomato and burgers on bottoms of buns. Top burgers evenly with dressing and blue cheese crumbles. Close sandwiches.



Southwest Burger Wrap

 **30**
MINUTES

 **MAKES 8**
SERVINGS

 **13**
INGREDIENTS

Ingredients

2 lbs. **Ground Beef**
(90% lean)

1 can (4 oz.) **chopped
green chilies**,
drained

3 tsp. **cumin**

1 tsp. **chili powder**

½ tsp. **garlic powder**

½ tsp. **Kosher salt**

½ tsp. freshly ground
black pepper

½ cup **sour cream**

¼ cup **salsa**

8 slices **Pepper
Jack cheese**

8 large **butter
lettuce leaves**

1-2 ripe **avocados**,
peeled and sliced

1 cup **Pico de Gallo**,
evenly divided

Preparation

- ① Preheat gas or charcoal grill to 400°F.
- ② Combine Ground Beef and chilies, cumin, chili powder, garlic powder, salt and pepper in a large bowl, mixing lightly but thoroughly.
- ③ Shape into eight ¾-inch thick patties. Make a small indentation in the center of the burger with your thumb.
- ④ In a small bowl blend sour cream and salsa. Set aside.
- ⑤ Place burgers on oiled grates and grill for approximately 5 minutes on one side. Flip once, grilling on the other side for 5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger. Top with cheese slices last two minutes of cooking time.
- ⑥ Place burgers on lettuce leaves. Top evenly with avocado slices. Drizzle sour cream mixture and top with Pico de Gallo.

Nutrition Information

Nutrition information per serving: **Calories 370**; **Total fat** 24g (Sat. fat 11g; Trans fat 0g); **Cholest.** 105mg; **Sodium** 630mg; **Total Carb.** 7g; Fiber 2g; Total Sugars 3g; **Protein** 29g; Vit D (2% DV); Calcium (15% DV); Iron (25% DV); Potas. (15% DV)