

# Sweet Hawaiian Mini Burgers

Total Recipe Time: 35 to 40 minutes

Makes 4 servings

## Ingredients

- 1 pound Ground Beef
- 1 tablespoon Worcestershire sauce
- 4 canned pineapple slices, drained
- 12 Hawaiian sweet or small whole wheat dinner rolls, split
- Lettuce

## Sauce:

- ¼ cup barbecue sauce
- ¼ cup pineapple preserves
- 1 tablespoon packed brown sugar

## Instructions

1. Combine ground beef and Worcestershire sauce in medium bowl, mixing lightly but thoroughly. Lightly shape into twelve ½-inch thick mini patties. Set aside.
2. Combine sauce ingredients in small saucepan; bring to a boil over medium heat, stirring frequently. Remove from heat.
3. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 9 to 11 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
4. Meanwhile brush pineapple slices with sauce and place on grid around patties. Grill pineapple 4 minutes, turning once and brushing with additional sauce. Remove pineapple, keep warm. Brush burgers with remaining sauce after turning.
5. Cut each pineapple slice into thirds. Line bottom of each roll with lettuce, top with burger, then with pineapple piece. Close sandwiches.



**Cook'sTip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

**Nutrition information per serving, using 80% lean ground beef:** 630 calories; 19 g fat (6 g saturated fat; 7 g monounsaturated fat); 88 mg cholesterol; 702 mg sodium; 83 g carbohydrate; 2.5 g fiber; 32 g protein; 6.8 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 2.3 mcg vitamin B<sub>12</sub>; 5.5 mg iron; 18.3 mcg selenium; 5.3 mg zinc. © Cattlemen's Beef Board and National Cattlemen's Beef Association

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