

TOP IT

LIKE A

TEXAN



**BEEF
LOVING
TE★ANS**

®

TEXAS BEEF COUNCIL



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.

GRILLING TIPS



400°F or
MEDIUM-HIGH
heat



Cook for a
total of
15-20 minutes



Flip once
halfway
through
cooking



Use a meat
thermometer
to ensure 160°F
doneness



PRO TIP

When you notice liquid pooling at the top of the meat, use a spatula to flip the burgers a single time. Be careful not to release juices by pressing on the burgers or piercing with a fork.

BEEF AND GRAIN BURGERS

 25
MINUTES

 4
SERVINGS

 7
INGREDIENTS

INGREDIENTS

- 1 lb. Ground Beef (93% or leaner)
- 1 cup cooked quinoa
- 1 Tbsp. Montreal steak seasoning
- 1 egg white
- 4 whole wheat hamburger buns
- Tomatoes, sliced
- Lettuce

PREPARATION

- 1 Combine Ground Beef, quinoa, egg, and Montreal steak seasoning in a large bowl, mixing lightly but thoroughly. Shape into 4 patties, ½-inch thick.
- 2 Place patties on oiled grates over MEDIUM heat 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 patties.
- 3 Place burgers on bottom halves of buns; top with tomato slices and lettuce.

Nutrition information per serving, using 93% lean ground beef:
217 Calories; 81 Calories from fat; 9 g Total Fat (3 g Saturated Fat; 3 g Monounsaturated Fat); 75 mg Cholesterol; 583 mg Sodium; 10 g Total Carbohydrate; 1.3 g Fiber; 25 g Protein; 3.1 mg Iron; 5.2 mg Niacin; 0.4 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 6 mg Zinc; 21.2 mcg Selenium; 82.9 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Selenium, and Zinc. It is a good source of Riboflavin, Iron, Phosphorus, and Choline.

LONE STAR BEEF AND VEGGIE BURGER

 10
MINUTES

 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
- ¼ tsp. Kosher salt
- 1 tsp. freshly ground black pepper
- Cooking spray

PREPARATION

- ① Preheat gas or charcoal grill to 400°F.

Tip: If you can hold your hand 4 inches above the heat source for 4 seconds before the heat requires you to remove your hand, the grill is about 400°F.

- ② Combine Ground Beef and other ingredients in a large bowl, mixing lightly but thoroughly. Shape into 8 patties, ¾-inch thick. Make a small indentation in the center of the patties with your thumb.

- ③ Place patties on oiled grates over MEDIUM heat 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 patties.

Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

- ④ Serve on buns, toast, or hard rolls garnished to your liking.

Nutrition information per serving, using 90% lean ground beef (bun excluded): 215 Calories; 93 Calories from fat; 10.4 g Total Fat (3.9 g Saturated Fat; 4.2 g Monounsaturated Fat); 72.9 mg Cholesterol; 210.1 mg Sodium; 6.2 g Total Carbohydrate; 1.4 g Dietary Fiber; 23.5 g Protein; 3.1 mg Iron; 428.3 mg Potassium; 0.2 Riboflavin; 7.1 mg Niacin; 0.5 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 5.5 mg Zinc; 19.4 mcg Selenium; 74.5 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Selenium, and Zinc. It is a good source of Riboflavin, Iron, Phosphorus, and Choline.



ROASTED POBLANO BURGER WITH PEPPER JACK CHEESE

 45
MINUTES

 8
SERVINGS

 9
INGREDIENTS

INGREDIENTS

- ❑ 2 lbs. Ground Beef (90% lean)
- ❑ 8 slices pepper jack cheese
- ❑ ½ tsp. Kosher salt
- ❑ ½ cup chipotle mayonnaise
- ❑ ½ tsp. Freshly ground black pepper
- ❑ 8 (2 oz.) whole-grain hamburger buns
- ❑ 2 large poblano peppers
- ❑ 8 slices curly leaf lettuce
- ❑ 2 Tbsp. olive oil

PREPARATION

- ① Preheat oven to 375°F. Place poblano peppers 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 pepper 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.
- ② Preheat gas or charcoal grill to 400°F. Shape Ground Beef into 8 patties, ¾-inch thick. Season with salt and pepper. Make a small indentation in the center of the patties with your thumb.

- ③ Place patties on oiled grates over MEDIUM heat 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 patties. Top each patty with a slice of cheese the last 2 minutes of cooking time.
- ④ Evenly spread 1 Tbsp. chipotle mayonnaise on top and bottom of each bun. Place burgers in buns and top with chopped poblano pepper and lettuce.

Nutrition information per serving, using 90% lean ground beef:
483 Calories; 234 Calories from fat; 26.1 g Total Fat (9.5 g Saturated Fat; 6.7 g Monounsaturated Fat); 100 mg Cholesterol; 643.7 mg Sodium; 27.2 g Total Carbohydrate; 1.4 g Dietary Fiber; 26.5 g Protein; 3.9 mg Iron; 382.2 mg Potassium; 0.2 mg Thiamin; 0.3 mg Riboflavin; 7.7 mg Niacin (NE); 0.4 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 5.4 mg Zinc; 35.6 mcg Selenium; 73.2 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin (NE), Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Thiamin and Choline.

MUSHROOM, ONION, AND SWISS BURGER



 45
MINUTES

 8
SERVINGS

 11
INGREDIENTS

INGREDIENTS

- ❑ 2 lbs. Ground Beef
- ❑ 3 tsp. Worcestershire sauce
- ❑ 1½ tsp. Kosher salt, divided
- ❑ 1 tsp. freshly ground pepper, divided
- ❑ 3 Tbsp. olive oil
- ❑ 16 oz. baby bella mushrooms, sliced
- ❑ 1 medium onion, thinly sliced
- ❑ 8 slices Swiss cheese
- ❑ 8 (2 oz.) whole-grain hamburger buns, toasted
- ❑ 1 cup BBQ sauce, divided
- ❑ 4 cups arugula

PREPARATION

- ① 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.
- ② Preheat gas or charcoal grill to 400°F.

Tip: If you can hold your hand 4 inches above the heat source for 4 seconds before the heat requires you to remove your hand, the grill is about 400°F.

- ③ Combine Ground Beef, Worcestershire sauce, ¾ tsp. salt, and ½ tsp. black pepper in a large bowl, gently mixing until fully incorporated. Be careful not to over mix. Shape Ground Beef into eight patties.
- ④ Place patties on oiled grates over MEDIUM heat 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 patties. Top each patty with Swiss cheese the last 2 minutes of cooking time or until melted.
- ⑤ Place burgers on bottoms of buns. Evenly top burgers with sautéed mushrooms and onions. Drizzle 2 Tbsp. of BBQ sauce on each burger. Top each burger with ¼ cup arugula.

Nutrition information per serving, using 90% lean ground beef:
508 Calories; 194 Calories from fat; 21.7 g Total Fat (8.2 g Saturated Fat; 9.4 g Monounsaturated Fat); 88 mg Cholesterol; 1283.1 mg Sodium; 41.1 g Total Carbohydrate; 0.8 g Dietary Fiber; 29.6 g Protein; 4.7 mg Iron; 787.3 mg Potassium; 0.3 mg Thiamin; 0.7 mg Riboflavin; 10.0 mg Niacin (NE); 0.5 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 6.9 mg Zinc; 53.8 mcg Selenium; 96.2 mg Choline.

This recipe is an excellent source of Protein, Iron, Thiamin, Riboflavin, Niacin (NE), Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Potassium, and Choline.

CARIBBEAN BEEF BURGERS WITH MANGO SALSA

 30
MINUTES

 4
SERVINGS

 7
INGREDIENTS

INGREDIENTS

- ❑ 1½ lbs. Ground Beef (93% lean or leaner)
- ❑ 2 Tbsp. Caribbean jerk seasoning

MANGO SALSA

- ❑ 1 large mango, peeled and coarsely chopped (about 1 cup)
- ❑ 1 Tbsp. fresh cilantro, chopped
- ❑ 1 Tbsp. green onion, chopped
- ❑ 1 Tbsp. seeded jalapeño pepper, finely chopped
- ❑ 1 Tbsp. fresh lime juice

PREPARATION

- ① Combine Ground Beef and jerk seasoning in a large bowl, mixing lightly but thoroughly. Shape into 4 patties, ¾-inch thick.
- ② Place patties on oiled grates over MEDIUM heat 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 patties.
- ③ Meanwhile, combine salsa ingredients in a medium bowl, mixing lightly. Top burgers with salsa.

Nutrition information per serving, using 93% lean ground beef (bun excluded): 315 Calories; 111.6 Calories from fat; 12.4 g Total Fat (5 g Saturated Fat; 5 g Monounsaturated Fat); 126 mg Cholesterol; 530 mg Sodium; 19 g Total Carbohydrate; 1.4 g Dietary Fiber; 39 g Protein; 4.4 mg Iron; 712 mg Potassium; 0.3 Riboflavin; 9.9 mg Niacin; 0.7 mg Vitamin B₆; 4.2 mcg Vitamin B₁₂; 343 mg Phosphorus; 9.7 mg Zinc; 31.9 mcg Selenium; 147.6 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline. It is a good source of Potassium.

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)



TEXAS BURGER WITH BEER CHEESE SAUCE

45
MINUTES

8
SERVINGS

15
INGREDIENTS



INGREDIENTS

- ❑ 2 lbs. Ground Beef
- ❑ 2 large red onions, sliced $\frac{3}{4}$ -inch thick
- ❑ 8 pretzel buns
- ❑ 8 lettuce leaves
- ❑ 8 slices of tomato, sliced $\frac{1}{2}$ -inch thick
- ❑ $\frac{1}{2}$ cup pickled jalapeños, chopped

OPTIONAL TOPPINGS

- ❑ Kosher salt
- ❑ Freshly ground black pepper
- ❑ Olive oil

TEXAS BEER CHEESE SAUCE

- ❑ 2 Tbsp. butter
- ❑ 2 Tbsp. all-purpose flour
- ❑ 1 cup light Texas beer
- ❑ $\frac{3}{4}$ cup half-and-half
- ❑ 3 oz. sharp Cheddar cheese, grated
- ❑ 3 oz. Swiss cheese, grated

PREPARATION

- ① Preheat gas or charcoal grill to 400°F.
- ② Shape Ground Beef into 8 patties, $\frac{3}{4}$ -inch thick. Make a small indentation in the center of the patties with your thumb.
- ③ Place patties on oiled grates over MEDIUM heat 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 patties.

- ④ Place buns, cut side down in skillet, cook 1 minute or until lightly toasted.
- ⑤ Drizzle each side of onion slices with olive oil. Season with salt and pepper. Grill 5-7 minutes on each side or until onion is tender and has caramelized. Place burgers in buns and add grilled onion slice, lettuce, and tomato. Drizzle 2 Tbsp. beer cheese sauce on each burger. Evenly top with pickled jalapeño peppers.

Nutrition information per serving, using 90% lean ground beef:

665 Calories; 106 Calories from fat; 24.9 g Total Fat (11.8 g Saturated Fat; 6.3 g Monounsaturated Fat); 106 mg Cholesterol; 1168.7 mg Sodium; 67.7 g Total Carbohydrate; 3.0 g Dietary Fiber; 38.7 g Protein; 5.8 mg Iron; 605.0 mg Potassium; 0.3 mg Riboflavin; 8.5 mg Niacin (NE); 0.4 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 6.0 mg Zinc; 21.0 mcg Selenium; 81.7 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Dietary Fiber, Potassium, Riboflavin, and Choline.

TEXAS BEER CHEESE SAUCE PREPARATION: 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 half and half and continue to cook, stirring occasionally until the sauce thickens, about 10 minutes. Remove from heat, stir in cheeses until completely melted. Keep warm until ready to use.



SOUTHWEST BURGER WRAP

 45
MINUTES

 8
SERVINGS

 13
INGREDIENTS

INGREDIENTS

- 2 lbs. Ground Beef
- ½ cup sour cream
- ¼ cup salsa
- 4 oz. can chopped green chiles, drained
- 3 tsp. cumin
- 1 tsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. Kosher salt
- ½ tsp. freshly ground black pepper
- 8 slices pepper jack cheese
- 8 leaves of romaine lettuce
- 1-2 ripe avocados, peeled and sliced
- 1 cup pico de gallo, divided

PREPARATION

- ① In a small bowl blend sour cream and salsa. Set aside.
- ② Preheat gas or charcoal grill to 400°F.

Tip: If you can hold your hand 4 inches above the heat source for 4 seconds before the heat requires you to remove your hand, the grill is about 400°F.

- ③ In a large bowl combine Ground Beef, chiles, cumin, chili powder, garlic powder, salt, and pepper. Mix lightly but thoroughly. Lightly shape into 8 patties, ¾-inch thick.
- ④ Place patties on oiled grates over MEDIUM heat 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 patties. Top each patty with a slice of cheese the last 2 minutes of cooking time.
- ⑤ Place burgers on lettuce leaves. Top evenly with avocado slices. Drizzle sour cream mixture and top with pico de gallo.

Nutrition information per serving, using 90% Lean Ground Beef:
391 Calories; 232 Calories from fat; 26.8 g Total Fat (10.2 g Saturated Fat; 9.5 g Monounsaturated Fat); 98 mg Cholesterol; 604.9 mg Sodium; 12.4 g Total Carbohydrate; 4.5 g Dietary Fiber; 28.1 g Protein; 3.1 mg Iron; 648.5 mg Potassium; 0.1 mg Thiamin; 0.3 mg Riboflavin; 8.5 mg Niacin (NE); 0.5 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 5.8 mg Zinc; 17.9 mcg Selenium; 84.6 mg Choline.

This recipe is an excellent source of Protein, Niacin (NE), Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Dietary Fiber, Iron, Potassium, Riboflavin, and Choline.

SAUCY BLUE CHEESE BURGER



 30 MINUTES

 8 SERVINGS

 9 INGREDIENTS

INGREDIENTS

- ❑ 2 lbs. Ground Beef (90% lean)
- ❑ Kosher salt
- ❑ Freshly ground black pepper
- ❑ ½ cup light ranch dressing
- ❑ 2 Tbsp. buffalo wing sauce
- ❑ ½ cup blue cheese, crumbled
- ❑ 8 slices lettuce
- ❑ 8 slices tomato
- ❑ 8 (2 oz.) whole-grain hamburger buns

PREPARATION

- ① Preheat gas or charcoal grill to 400°F. Shape Ground Beef into 8 patties, ¾-inch thick. Season with salt and pepper. Make a small indentation in the center of the burger with your thumb.

- ② Place burgers on oiled grates over MEDIUM heat 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.
- ③ Prepare dressing by whisking together ranch dressing and buffalo wing sauce in a small bowl. Set aside.
- ④ Place burgers in buns and top with dressing, blue cheese crumbles, lettuce, and tomato.

Nutrition information per serving, using 90% lean ground beef:
368 Calories; 137 Calories from fat; 15.2 g Total Fat (5.61 g Saturated Fat; 4.7 g Monounsaturated Fat); 76 mg Cholesterol; 834.0 mg Sodium; 25.1 g Total Carbohydrate; 3.8 g Dietary Fiber; 24.2 g Protein; 4.1 mg Iron; 427.2 mg Potassium; 0.2 mg Thiamin; 0.3 mg Riboflavin; 7.8 mg Niacin (NE); 0.4 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 5.4 mg Zinc; 36.1 mcg Selenium; 77.3 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin (NE), Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Thiamin and Choline.



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