

# Top It

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# Texan



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# 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)