

Family Night Burgers

FEEDS

4

PREP

20 min

COOK

10 min

Ingredients

1 lb 80% Lean Ground Beef, 1 tsp salt, 1/2 tsp pepper, 4 burger buns, 4 slices cheese of your choice

Directions

1. Chop the beef into 1-inch cubes, then put on a plate and wrap in plastic wrap. Place in the refrigerator to chill for 30 minutes.
2. Place half the beef in a food processor or blender on pulse about 15 times. Season meat with half the salt and half the pepper amount then pulse another 10-15 times. **Make sure you don't over process the meat.** Repeat with the other half of the beef then shape each patty from 4 equal portions of the beef.
3. Heat a grill pan over medium-high heat. Add the patties and cook for 3 minutes on each side for medium-rare burgers or until your preference is reached. Place a slice of cheese atop each burger during the last 2 minutes of cooking.
4. Serve immediately, in burger buns with your preferred condiments and sides