



Cookin' It Up



Mouthwatering Mini Burgers

Mini burgers, or “sliders,” are all the rage. These little burgers make a great appetizer, snack or kid-sized portion.

Ingredients:

- 1½ lb. CAB® ground chuck
- 1 head Bibb lettuce, washed and separated
- 1 small red onion, sliced
- 8 silver dollar buns
- Salt and pepper to taste

Instructions:

- Form ground chuck into eight 3-oz. patties. Season lightly with salt and pepper.
- Grill until meat thermometer placed in center of patties registers 160° F.
- Build burgers by layering lettuce, red onion and patty on a bun.

Yield: 8 mini burgers

Nutritional information per serving (one mini burger): 240 Calories; 11g Fat; 4g Saturated Fat; 54mg Cholesterol; 16g Carbohydrate; 0g Dietary Fiber; 19g Protein; 209mg Sodium; 14% daily value Iron (based on 2,000-calorie diet).

Source: Recipe provided by Certified Angus Beef LLC.



CAB

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