



# TIPSY FOODS

COOK A LITTLE TIPSY

## Burger Blast Burgers



### Ingredients

- 1 1/2 lb lean ground meat - we like 85% for burgers seems that anything leaner tends to be too dry.
- 2-3 tablespoons [Tippy Foods Burger Blast Seasoning](#)
- 6 whole wheat buns
- Lettuce, tomatoes, onions - we prefer red onions, pickles
- Mayo or mustard - optional
- Sliced cheese - optional

Makes 6 servings

### Instructions

1. Heat grill to med high heat
2. In a bowl, mix meat and seasoning with your hands until seasoning is blended into the meat Careful – do not over mix or the burgers can be tough.
3. Form 6 equal size burger patties about 1 to 1 1/2 inches thick.
4. If you have time, put the burgers in the freezer for about 20 minutes - this will help them keep their shape on the grill.
5. Place the burgers on the grill and cook thoroughly, about 4-5 minutes on each side.
6. Add a slice of cheese to the top of the burger if desired and allow to melt for about 1 minute.
7. Serve burger on bun with lettuce tomatoes onions and pickles.