
Bistro Burgers

Summer Cookout Cookbook

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Servings: 4

TIPS AND TRICKS

*** Make an indentation in the middle of each patty with your thumb to keep the burger from bulging when it cooks (meat burgers only).*

*** Let burgers rest for 5 minutes before serving.*

*** Toast buns on the grill, cut sides down, for about 30 seconds.*

1 1/2 pounds ground beef

salt

pepper

toasted rolls

mustard

cooked bacon

frise'e

fried eggs

Form the ground beef into four 3/4-inch-thick patties. Season with salt and pepper.

Grill on oiled grates over medium-high heat, flipping once, until marked and slightly firm, about 8 minutes.

Serve on toasted rolls with mustard, cooked bacon, frise'e and fried eggs.

Sandwiches

Per Serving (excluding unknown items): 528 Calories; 45g Fat (78.2% calories from fat); 28g Protein; 0g Carbohydrate; 0g Dietary Fiber; 145mg Cholesterol; 116mg Sodium. Exchanges: 4 Lean Meat; 7 Fat.