

# Chef Johns Juicy Lucy Burger

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## **Servings: 4**

*1 1/2 pounds ground beef  
2 teaspoons Worcestershire sauce  
1/2 teaspoon garlic powder  
1/2 teaspoon cayenne pepper  
4 slices sharp Cheddar cheese  
1/2 teaspoon Kosher salt  
1/2 teaspoon black pepper  
4 hamburger buns, split  
4 slices tomato  
4 lettuce leaves  
pickles (optional)  
ketchup (optional)  
mustard (optional)*

## **Preparation Time: 15 minutes**

In a large bowl, mix together the beef, Worcestershire sauce, garlic powder and cayenne. Divide the mixture into eight three-ounce balls. Press the balls into patties about four inches in diameter.

Cut a 3-1/2-inch round from each cheese slice using a round cookie cutter or the rim of a glass.

Sprinkle four patties with 1/4 teaspoon each of salt and black pepper. Top with the cheese rounds and leftover cheese pieces. Top with the remaining patties and gently press the edges together to seal. Sprinkle with the remaining 1/4 teaspoon each of the salt and pepper.

Heat a grill pan over medium-high heat. Grill the patties for 5 minutes per side or until an instant-read thermometer inserted into the top patties (before reaching the cheese) registers 160 degrees.

Serve on the buns with tomato and lettuce and (optional) pickles, ketchup and mustard.

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Per Serving (excluding unknown items): 1139 Calories; 85g Fat (67.8% calories from fat); 61g Protein; 30g Carbohydrate; 3g Dietary Fiber; 264mg Cholesterol; 1332mg Sodium. Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 1 Vegetable; 12 Fat; 0 Other Carbohydrates.