
The Perfect Burgers

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 50 minutes

1 1/2 pounds ground beef

1 1/2 teaspoons Kosher salt

1 1/2 teaspoons coarsely ground black pepper

6 (one-ounce) cheddar cheese slices

6 hamburger buns

lettuce leaves (for topping)

red onion slices (for topping)

tomato slices (for topping)

Preheat the grill to medium-high (350 to 400 degrees).

In a bowl, gently combine the beef, salt and pepper. Mix well. Shape into six four-inch one-inch-thick patties. Using your thumb and forefinger, lightly press the center of the patties, creating an indentation. Let stand at room temperature for 30 minutes.

Grill the patties with the grill lid closed for 6 to 7 minutes on each side or until no longer pink in the center.

Top each burger with one cheese slice and grill, covered, with the lid closed for 1 to 2 minutes or until the cheese is melted.

Remove from the grill and let stand for 5 minutes.

Serve on hamburger buns with desired toppings.

Sandwiches

Per Serving (excluding unknown items): 589 Calories; 42g Fat (64.6% calories from fat); 30g Protein; 22g Carbohydrate; 1g Dietary Fiber; 126mg Cholesterol; 964mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 6 Fat.