
Torta Burgers

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Servings: 4

Start to Finish Time: 30 minutes

1/2 cup crema or sour cream
1/4 cup fresh cilantro, finely chopped
2 tablespoons fresh lime juice
Kosher salt
freshly ground black pepper
1 1/2 pounds ground beef
cooking spray
8 slices (6 ounces) pepper jack cheese
4 telera or Portuguese rolls, split
1/2 cup fire-roasted tomato salsa
1 cup Romaine lettuce, shredded
1 avocado, thinly sliced
3 radishes, thinly sliced
tortilla chips (for serving)

Mix the crema, cilantro and lime juice in a small bowl. Season with salt and pepper.

In a large bowl, combine the beef with 1/2 teaspoon salt and 1/2 teaspoon pepper. Mix well. Divide the mixture into eight equal-size balls.

Heat a large nonstick skillet over medium heat. Lightly coat with cooking spray. Smash four of the beef balls into very thin patties. Add the patties to the skillet. Cook, smashing them even more with a spatula, until browned, about 3 minutes.

Flip the patties. Top each with a slice of cheese. Cook until the patties are cooked through and the cheese melts, about 2 more minutes for medium doneness. Wipe out the skillet, lightly coat with more cooking spray and repeat with the remaining beef and cheese to make four more patties.

Spread the crema mixture on the cut sides of the rolls. Place two patties in each roll with the salsa, lettuce, avocado and radishes.

Serve with tortilla chips.

Sandwiches

Per Serving (excluding unknown items): 614 Calories; 53g Fat (77.6% calories from fat); 30g Protein; 5g Carbohydrate; 2g Dietary Fiber; 145mg Cholesterol; 123mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 0 Fruit; 8 1/2 Fat.