



Ingredients:

- 1 1/2 pounds ground beef
- 1/4 cup finely chopped onion prepared barbecue sauce
- 4 slices (1 ounce each) Cheddar or American cheese
- 4 crusty rolls, split
- Romaine lettuce
- Tomato slices

BBQ Cheeseburgers

Makes: 4 servings
Prep Time: 10 minutes
Grilling Time: 15 minutes



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Directions:

1. Preheat grill to medium heat.
2. Combine ground beef and onion in medium bowl, mixing lightly but thoroughly.
3. Shape into four 3/4-inch thick patties.
4. Place patties on grid. Grill, uncovered, 13 to 15 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally.
5. About 1 minute before burgers are done, brush with barbecue sauce; top with cheese.
6. Line bottom half of each roll with lettuce and tomato; top with burger.
7. Close sandwiches.

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Recipe and photo courtesy of The Beef Checkoff.

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