



# INDIANA STATE FAIR RECIPE TRAIL

## Zesty Barbecue Cheeseburgers



## Ingredients

- 1 pound Ground Beef (93% lean or leaner)
- 1/4 cup finely chopped red onion
- 4 tablespoons barbecue sauce, divided
- 4 slices white Cheddar, pepper Jack, smoked Gouda or provolone cheese
- 4 whole wheat hamburger buns or pretzel rolls, split, toasted
- Lettuce leaves, tomato slices and red onion slices (optional)



## Instructions

1. Combine Ground Beef, chopped onion and 2 tablespoons barbecue sauce in medium bowl, mixing lightly but thoroughly. Shape into four 1/2-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 1 minute before burgers are done, brush with remaining 2 tablespoons barbecue sauce and top with cheese.
3. Line bottom half of each bun with lettuce, sliced red onion and tomato, as desired; top with burger. Close sandwiches.

*Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*



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## Fun Facts

- Indiana exported \$63 million of beef in 2022.
- Ground beef is the most popular cut of beef in the United States.
- Beef is an excellent source of Protein, Vitamin B12, and Zinc.