



Southwest Cheeseburger

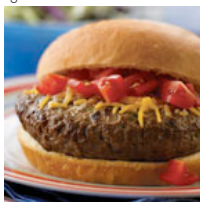
Ingredients:

- 1 pound ground beef (75% to 80% lean)
- 1/4 cup finely chopped green onions
- 1/2 teaspoon ground cumin
- Salt and pepper
- 4 hamburger buns, split, toasted
- 1/4 cup shredded Mexican cheese blend
- 1/2 cup chopped tomato

Makes: 4 servings.

Prep Time: 15 minutes

Grilling Time: 20 to 30 minutes



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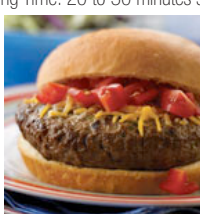
Directions:

1. Preheat grill to medium.
2. Combine ground beef, green onions and cumin in medium bowl, mixing lightly but thoroughly.
3. Lightly shape into four 1/2-inch thick patties.
4. Place patties on grid and grill, uncovered, 11 to 13 minutes to medium (160°F) doneness, until no longer pink in center and juices show no pink color, turning occasionally.
4. Season with salt and pepper, as desired.
5. Place burger on bottom of each bun; top with cheese and tomato.
6. Close sandwiches.

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Recipe and photo courtesy of The Beef Checkoff.

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