



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

BBQ INSIDE OUT BURGERS

1 pound lean ground beef

BBQ sauce (recipe follows)

1 clove garlic, minced

4 slices bacon, diced

½ cup chopped onion

1 cup Velveeta cheese shreds

Salt and ground black pepper to taste

4 hamburger buns, split

Garnishes: lettuce, tomato slices, dill pickle slices

1. In medium bowl, mix together ground beef, ¼ cup BBQ sauce, and garlic (be careful not to overmix). Set aside.
2. Heat skillet over medium heat. Add bacon and cook stirring often until crispy. Remove bacon bits with slotted spoon, and place on paper towel lined plate to drain.
3. With skillet over medium heat, add onion to bacon drippings and cook stirring occasionally until tender, about 5 minutes.
4. Place onion and bacon in small bowl and cool slightly. Add cheese and toss to mix. Set aside.
5. Divide beef into 8 equal portions and shape each into thin patties. *
6. Divide bacon-onion-cheese mixture into 4 equal portions and shape each portion into a ball. Place one ball in center of 4 patties; cover with remaining patties and press edges together with tines of fork to seal.
7. Place burgers on grid over medium-high heat; grill basting occasionally with some of the remaining BBQ sauce until internal temperature is 160 degrees, about 5 to 6 minutes per side.
8. Season burgers with salt and pepper, if desired.

9. Place burgers on bottom half of buns, garnish with BBQ sauce, lettuce, tomatoes, and dill pickle slices, and then add top half of buns.

Makes 4 servings.

NOTES:

- When preparing patties, handle meat as little as possible. Lightly shaping them without compressing the meat allows juices to flow and even cooking.
- Avoid pressing down on the patties with a spatula as they cook. This forces out the juices that keep the meat moist, tender, and flavorful.

BBQ SAUCE

2 teaspoons olive oil

¼ cup finely chopped onion

2 cloves garlic, minced

1 bottle (12 ounces) chili sauce

½ cup water

¼ cup honey

1 ½ tablespoons unsweetened cocoa powder

1 tablespoon Worcestershire sauce

½ teaspoon ground black pepper

1. In medium saucepan, heat oil over medium-high heat. Add onion and garlic; sauté until onions are softened, about 3 minutes.

2. Add remaining sauce ingredients; stir to blend well. Bring to a simmer and cook for 10 to 15 minutes or until reduced to desired thickness.

Makes about 1 ½ cups.

Note: Sauce can be prepared one day in advance. Keep sauce refrigerated.

