



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BLOODY MARY BURGER

Time: 25 minutes

Serves: 4

Ingredients:

2 Roma tomatoes – seeded and diced to ¼”
1 stalk celery – diced to ¼”
2 tablespoons vodka
1 teaspoon Worcestershire sauce
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper
1 pound lean ground beef
1 tablespoon hot pepper sauce
1 clove garlic – very finely chopped or crushed
4 tablespoons cheddar cheese – grated
4 small lime wedges

Preparation:

In a suitable bowl, mix the tomatoes, celery, vodka, Worcestershire sauce, ¼ teaspoon of the salt and ¼ teaspoon of the pepper.

Preheat a heavy cast pan on medium.

In another bowl, knead together the beef, remaining ¼ teaspoon each of salt and pepper, hot sauce and garlic, being careful not to over-mix. Form the mixture into eight equal patties. Place a tablespoon of cheese onto the centres of four patties. Top these with the remaining patties and pinch the edges together, resulting in four stuffed burgers.

Place the burgers in the pan and cook for four minutes on each side or until the internal temperature reaches 160F.

Plate the burgers topped with the tomato mixture and a lime wedge, serving immediately.

Nutritional Information Per Serving:

Calories: 295
Fat: 19g
Carbs: 1g
Fibre: 0.4g
Protein: 23g