

BBQ Cheeseburgers

The Texas Beef Council

Internet address: <http://www.txbeef.org/>



Servings: 4

1 pound lean ground beef
1/4 cup onion, finely chopped
Barbecue sauce
4 slices American cheese
4 crusty rolls
Romaine lettuce, split
Tomato, sliced

In medium bowl, combine ground beef, onion and 2 tablespoons barbecue sauce, mixing thoroughly. Shape into four 1/2-inch-thick patties.

Place patties on grid over medium ash-covered coals. Grill 14 to 16 minutes or until centers are no longer pink, turning once. Approximately 1 minute before end of cooking time, brush top side of burgers with additional barbecue sauce; top each with 1 slice cheese. Cook until cheese slices are melted.

Line bottom half of each roll with lettuce and tomato; top with cheeseburger. Close sandwiches.

Per Serving (excluding unknown items): 895 Calories; 61g Fat (62.3% calories from fat); 51g Protein; 33g Carbohydrate; 1g Dietary Fiber; 192mg Cholesterol; 2005mg Sodium. Exchanges: 2 Grain(Starch); 6 1/2 Lean Meat; 0 Vegetable; 8 Fat.