

squishburgers

prep: 15m
stove top: 20m

serves: 1+
freezer friendly

ingredients:

per burger

2.5 oz beef, shaped into a loose ball (make in batches to freeze)
2 slices american cheese
1 bun
salt & pepper to taste

sauce

ketchup or barbecue sauce
mayo
mustard
your favorite hot sauce
worcestershire sauce

oil for griddle

notes:

✓ freezer friendly

instructions:

- use your heaviest grilling surface, preheat to med high heat, lightly oil
- add a burger ball and squish it flat with your heaviest spatula or grill press
- immediately flip it (reduces sticking)
- salt and pepper to taste
- cook about 2 minutes until edges brown
- flip and add 2 slices cheese
- cook 1 more minute for medium rare, up to minutes
- serve on a bun with desired condiments

news:

mxup.menu volume 1 is now available! Scan this code to visit our homepage!

