

## Recipe Slideshows by Carreiro & Held

### Heavenly Cheese-Stuffed Burgers

A savory ground meat mixture is the secret to these scrumptious burgers. Stuffed with your favorite cheese? They're heavenly!

- 1-3/4 pounds lean ground beef
- 1/3 cup finely chopped red onion
- 1/3 cup finely chopped crimini mushrooms (sometimes called baby bellas)
- 1/4 cup chopped parsley
- 1/4 cup Italian-seasoned dry bread crumbs
- 1 tablespoon minced garlic
- 2 tablespoons soy sauce
- 1/2 teaspoon fresh-ground black pepper
- 1/4 teaspoon salt
- 6 tablespoons crumbled or torn Cheddar, fontina, pepper jack, blue cheese, or your favorite cheese
- 6 crusty buns

1. In a large bowl, combine the ground beef, onion, mushrooms, parsley, bread crumbs and garlic. Sprinkle with soy sauce, pepper and salt. To mix, cut into the meat with the edge of a large spoon or spatula until ingredients are just mixed. Do not over mix.
2. Divide meat mixture into six equal portions. One portion at a time, flatten meat in the palm of your hand, making a patty that's about 4-1/2 inches across.
3. Cup your hand so that you can press into the meat to make generous indentation. Try to keep the meat the same thickness throughout when doing this.
4. Place 1 tablespoon cheese in the indentation. Fold meat over cheese and press edges gently but securely to seal each burger well. Flatten burger a bit. Continue with remaining meat.
5. To grill: Preheat grill to medium, about 375°F. Cook burgers 4 - 6 minutes per side with cover closed.
6. To pan fry: Cook burgers over medium heat 4 - 6 minutes per side.

**Makes 6 burgers**

#### NOTES:

- To freeze stuffed burgers, wrap each burger in plastic wrap, then place in freezer bag. Thaw in the refrigerator about 8 hours before cooking.
- Recipe can be doubled.

**Carreiro & Held** . [www.FoodandWinePros.com](http://www.FoodandWinePros.com)  
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