



GROUND BEEF

Juicy Lucy Burgers

Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 15 minutes
Servings: 4

INGREDIENTS

2 pounds Grass Run Farms® grass fed ground beef
1 tablespoon salt
1 tablespoon pepper
1 tablespoon Worcestershire sauce
4 slices American Cheese
4 burger buns
Optional: lettuce and tomato

PREPARATION

1. Preheat grill to medium-high heat.
2. In a bowl combine grass fed ground beef, salt, pepper, and Worcestershire. Adjust seasoning, if needed.
3. Separate the beef into 8 equal parts, flatten them out, and put a folded slice of American cheese in the middle of four of them.
4. Cover with the other four patties and pinch the ends.
5. Grill burgers over direct, medium-high heat, flipping once until desired doneness is reached, approximately 4 minutes each side for medium.
Alternative: In a medium skillet over medium-high heat, sear the burgers 4 minutes on each side.
6. To finish the burger, place the patty and additional toppings on bun.
Optional: Slice the burger buns and place on grill for 1-2 minutes to form grill marks.

Recipe Courtesy of Grillin With Dad for Grass Run Farms
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