



INGREDIENTS

- 6 Tablespoons Onion (finely chopped)
- 6 Tablespoons Ketchup
- 3 Teaspoon Garlic (minced)
- 3 Teaspoon Sugar
- 3 Teaspoon Worcestershire Sauce
- 3 Teaspoon Steak Sauce
- ¾ Teaspoon Cider Vinegar
- 3 Pounds Ground Beef (no more than 20% fat)
- 12 Slices Sharp Cheddar Cheese (½ ounce each)
- 12 Burger Buns (enriched or whole grain-rich; at least 56 grams each; toasted)
- 24 Cooked Bacon Strips*
- Lettuce, Tomato, Onion and Pickle (optional)

DIRECTIONS

1. In a large bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Shape into four patties.
2. Grill burgers, covered, over medium heat or broil 3 inches from the heat for 4-7 minutes on each side or until a thermometer reads 160° and juices run clear.
3. Top with cheese. Grill 1 minute longer or until cheese is melted.
4. Serve on buns with bacon and toppings of your choice.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

12 Burgers

PORTION SIZES

Toddler: ½ Burger
Preschool: ½ Burger
School Age: ¾ Burger
Adult: 1 Burger

**This food item does not credit in CACFP.*