

Ranch Burgers

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<http://www.ext.nodak.edu/extnews/newsrelease/2004/052004/03prairie.htm>

Ingredients:

- 1-1/2 lbs. lean ground beef
- 2 tsp. sweet paprika
- 2 tsp. dried thyme leaves, crushed
- 1-1/2 tsp. salt
- 1 tsp. onion powder
- 1/2 tsp. ground red pepper
- 6 hamburger buns, split
- 6 leaves Romaine lettuce
- 6 tomato slices
- 1/4 cup prepared light creamy ranch dressing
- 2 Tbsp. canned French fried onions

Directions:

- Combine all spices in an airtight container and shake to blend. Shape ground beef into six patties. Press 3/4 teaspoon of the spice mix evenly into both sides of each patty. Store remaining spice mix in airtight container for future use. Grill to a final internal temperature of 160 degrees F. Line bottom of each bun with lettuce and tomato. Top with burger and spoon ranch dressing evenly over burgers. Sprinkle with French fried onions and close sandwiches.

Makes 6 servings. Each serving has 440 calories, 26 grams of fat, 25 grams carbohydrate and 25 percent of the daily iron recommendation.

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SERVICE