



Juicy Black and Bleu Burgers

10

8 Servings

Ingredients

- 2 pounds ground beef
- 1 large red bell pepper, diced
- 2 cloves fresh garlic, minced
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 (4-ounce) packages crumbled bleu cheese

Preparation time: 15 minutes

Cook time: 15 minutes

Ready in: 15 minutes

Directions

1. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
2. Mix ground beef, red bell pepper, garlic, salt and pepper in a large mixing bowl; divide and form into 16 patties.
3. Place one ounce bleu cheese on the top center of all eight patties. Top each single blue cheese patty with an unadorned patty, pressing the sides together so the cheese doesn't fall out.
4. Cook on the preheated grill, approximately seven to 10 minutes per side for well done.

Nutritional Information

Calories: 345
Protein: 32 g
Fat: 15 g
Saturated Fat: 8 g
Carbohydrate: 21 g
Fiber: 3 g
Sodium: 920 mg
Potassium: 541 mg