



Sweet Hawaiian Mini Burgers

Grocery List

- ☐ 1 pound Ground Beef
- ☐ Worcestershire sauce
- ☐ Canned pineapple slices
- ☐ 12 Hawaiian sweet or small whole wheat dinner rolls
- ☐ Lettuce
- ☐ Barbecue sauce
- ☐ Pineapple preserves
- ☐ Brown sugar
- ☐ Baked chips for garnish

Equipment List

- ☐ 2 large cutting boards
- ☐ 1 chef knife
- ☐ 1 can opener
- ☐ 1 small saucepan
- ☐ 1 indoor grill or grill pan
- ☐ 1 small rubber spatula
- ☐ 1 small whisk
- ☐ 2 spatulas
- ☐ 1 meat thermometer
- ☐ 1 silicon brush
- ☐ 3 white dinner plates
- ☐ 2 tiny clear glass bowls
- ☐ 2 small clear glass bowls
- ☐ 1 large clear glass bowl
- ☐ 1 white hero plate

Sweet Hawaiian Mini Burgers

Total Recipe Time: 35 to 40 minutes

Makes 4 servings

Ingredients

- 1 pound Ground Beef
- 1 tablespoon Worcestershire sauce
- 4 canned pineapple slices, drained
- 12 Hawaiian sweet or small whole wheat dinner rolls, split
- Lettuce

Sauce

- ¼ cup barbecue sauce
- ¼ cup pineapple preserves
- 1 tablespoon packed brown sugar

Instructions

1. Combine ground beef and Worcestershire sauce in medium bowl, mixing lightly but thoroughly. Lightly shape into twelve ½ inch thick mini patties. Set aside.
2. Combine sauce ingredients in small saucepan; bring to a boil over medium heat, stirring frequently. Remove from heat.
3. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 9 to 11 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
4. Meanwhile brush pineapple slices with sauce and place on grid around patties. Grill pineapple 4 minutes, turning once and brushing with additional sauce. Remove pineapple, keep warm. Brush burgers with remaining sauce after turning.
5. Cut each pineapple slice into thirds. Line bottom of each roll with lettuce, top with burger, then with pineapple piece. Close sandwiches.

Cook's Tip

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



Key Messages

- Everyone loves a burger, even the kiddos, so let's make a mini burger today that's easy, affordable and best of all, nutritious! Pairing ground beef with colorful, flavorful fruits and veggies, allows us to pack a nutritional punch into a small package!
- The Sweet Hawaiian Mini Burger uses 93% lean ground beef. Did you know that 93% or leaner ground beef has about 150 calories per serving, fewer than 10 grams of fat, but supplies 10 essential nutrients that our body needs like protein, iron and zinc.
- Even better, this mini burger also packs on Vitamin C with the addition of grilled pineapples, a great complement to beef's nutrients! Add your favorite veggie toppings and you've got a delicious winner!

Grilling Talking Points

- Heat your grill. If using charcoal, be sure to place the coals in a single-layer grid formation. Whether gas or charcoal, grills should be heated to 400°F. To check temperature, use a grill surface thermometer, or cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; 4 seconds for medium heat.
- Season beef straight from refrigerator, with herbs or spices as desired. Place on cooking grid directly over coals. Use a marinade on tougher cuts like Flank Steak for 6 hours to overnight.
- Grill to desired doneness using a thermometer. Cook burgers to at least 160°F (medium doneness). Cook steaks to at least 145°F (medium rare doneness). Allow steaks and burgers to rest a few minutes before slicing or serving to reduce the loss of flavorful juices. Serve with favorite sides and enjoy!

Burger Tips

- Burgers are an affordable and versatile option!
- When forming burgers, do not over-mix and try to keep the patty evenly shaped.
- Adding a small, thumbprint-sized indentation into the center of each raw burger patty will help it cook evenly throughout.
- When grilling, turn the burgers only once and use a long-handled spatula to keep from piercing the meat.
- Grilling at medium to medium-low temperatures ensures even cooking. If the temperature is too high, beef can char and become overcooked on the outside before the interior reaches the desired doneness. Charring beef is not recommended.
- For best results, use an instant-read thermometer to determine doneness. For burgers, insert the thermometer horizontally into the side (not the top) to check the internal temperature.
- Safe and savory at 160°F! Doneness is the key with ground beef so MAKE SURE you cook your burgers to at least 160°F degrees!



Recipe Talking Points

- **Serving suggestions:** This recipe is great for an island-themed cookout or a kid's birthday party as kids LOVE this recipe! A fresh fruit or veggie arrangement with a dip is a healthy side. Fresh fruit or veggie salsa is always a hit and GREAT on burgers!
- **Ingredient alternatives:** Instead of making the barbeque sauce suggested in the recipe, in a time crunch I use my favorite honey barbeque sauce found in the condiment aisle at your local supermarket.
- Make sure you drain and soak up additional juice from each pineapple slice to prevent roll or bun from getting soggy. During peak pineapple season go with a fresh pineapple often found cored and pre-sliced in your supermarket.
- This recipe showcases sliders or mini burgers with an endless lineup of ingredients. Choose a number of toppings that would fit any backyard gathering.
- Pre-made ground beef patties in the supermarket are great for this recipe as well.
- Use a cookie cutter to cut the perfect mini burger. Reshape any additional ground beef from the patty.

Nutrition Talking Points

- Pairing lean beef with delicious veggies and whole grains provides a well balanced meal that your family will love.
- Eating nutrient-rich foods satisfies your body, helping you feel full longer while providing much needed nutrients.
- Eating nutrient-rich foods, like colorful fruits and vegetables, low-fat dairy, whole grains and lean beef, helps you get more essential nutrients from fewer calories.
- Beef is power-packed with 10 essential nutrients that fuel healthy, active lifestyles.
- Calorie-for-calorie, beef is one of the most naturally nutrient-rich foods you can eat! A 3 ounce serving of lean beef on average has only 150 calories and supplies more than 10% of the Daily Value for 10 essential nutrients.

Nutrition Information

Nutrition information per serving, using 80% lean ground beef: 630 calories; 19 g fat (6 g saturated fat; 7 g monounsaturated fat); 88 mg cholesterol; 702 mg sodium; 83 g carbohydrate; 2.5 g fiber; 32 g protein; 6.8 mg niacin; 0.3 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 5.5 mg iron; 18.3 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and vitamin B₆.

Nutrition information per serving, using 95% lean ground beef: 582 calories; 13 g fat (4 g saturated fat; 5 g monounsaturated fat); 117 mg cholesterol; 807 mg sodium; 81 g carbohydrate; 4.6 g fiber; 33 g protein; 8.7 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 6.7 mg iron; 49.8 mcg selenium; 6.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

