

Air Fryer Burgers

Serves 4

Ingredients:

- 1 lb. (454 g) grass-fed ground beef, 93% lean
- 1 Tablespoon (17 g) BBQ sauce
- ½ teaspoon (2 grams) kosher salt
- Freshly ground pepper
- 4 thin slices cheese
- 4 Brioche hamburger buns, toasted

For serving: lettuce, tomato, red onion, pickles, bacon, mustard, ketchup, mayonnaise



Instructions:

1. In a medium bowl, combine beef, BBQ sauce, salt and pepper. Form into 4 patties, about ½ inch thick. Place patties on a plate.
2. Preheat air fryer to 400 F (204 C) for 5 minutes. Arrange the patties in a single layer in the air-fryer basket. Cook at 350 F (176 C) until a meat thermometer inserted into the center of a patty reaches 155 degrees F, about 8 minutes.
3. Top each patty with a slice of cheese and gently push the basket drawer until almost closed. Let the burgers sit in the warm basket for 2 more minutes so the cheese can melt. (If you fully close the basket, the jostling causes the cheese to fall off the patty.)
4. Assemble burgers on toasted buns with lettuce, tomato, onion, pickles, bacon, and condiments of choice. Enjoy!

Notes:

- Store leftover air-fryer burgers in an airtight container in the refrigerator for up to three days. Reheat the burgers in a 350 degree F air fryer until heated through.