

Chilli Cheese Burgers



Serves	Prep Time	Cooking	Total Time	Calories
0 people				678 kcal

Stuff that's in it:

- 300G Tomatoes (Beef And Sugarbelle)
 - 1 Can Chopped Tomatoes
 - 1 Red Pepper (Diced)
 - 2 Tbsp Tomato Puree
 - 1 Can Black Beans
- 500G Minced Meat (5% Fat)
 - 1Tsp Chipolte Chilli Flakes
 - 1 Tsp Ground Coriander
 - 3/4 Tsp Ground Cumin
 - 1 Tsp Sweet Paprika
 - 1Tsp Smoked Paprika
- 3 Cloves Garlic (Chopped)
- 1 Stick Celery (Chopped)
 - 1 Red Onion (Diced)
 - 1 Brown Onion (Diced)
 - 1Tbsp Olive Oil
- 1 Beef Stock Cube (Knor Rich Beef)

- Blue Cheese Burger Ingredients Below
 - 500G Minced Meat (12% Fat)
- 100G Shropshire Blue Cheese (Sliced)
 - 1 Egg (Large)
- 1 Slice White Bread (Not Too Fresh)
 - 1 Tsp English Mustard
 - Pinch Salt And Pepper
 - 5 Brioche Buns (Seeded)
- Optional Gherkin, Pea Shoots , Cucumber (Topping)

What you do:

Black bean Chilli

What you do

Add the oil to a large deep pan and heat

Add the garlic ,Onion , celery , red pepper , red onion and cook for a few minutes , then add the chopped tomatoes and cook gently for another 4 minutes or so.

Then add the mince meat, turn up the heat

Break up as you brown it all over

Then add the spices (cumin, coriander , chipolte chilli , smoked paprika)

Add the purée , black beans and a can of tomatoes , then fill the can with water and add that , drop the stock cube in

Bring to the boil , add some fresh coriander then add the lid on partially and cook for around 30 mins on low, stirring now and then and if need be , add a little water to stop drying out.

Serves 4 large portions or 8 good ladles for a burger topping (or jacket potato)

1 ladle full of chilli for each burger if just for 2 you will have 3 full portions of chilli left over to save for later , or for all 5 burgers , you'll still have 1.5 portions left for later , it's big!

Blue cheese burgers

What you do

Blitz your bread in a food processor to get crumbs Add your mince meat , egg, salt and pepper and mustard to a large bowl , with the breadcrumbs, mix together with your hands until all incorporated well and roll into a ball

Divide into 5 balls then press into thin discs or use a burger press to get shapely round burgers

Fridge for at least 5 minutes before grilling

Pre heat the grill onto medium or around 175c

Cook the burgers turning once or twice to ensure cooked all the way through , for around 4-5 minutes each side, until they aren't pink inside (be aware the thicker they are , the longer they take and if you make them thin, they will cook faster)

Add the cheese onto each burger , melt and then Toast your buns until golden then add the cheesy burger along with a ladle of chilli!!! Then pop the lid on and any other salad of your choice and serve!!

Nutrition

- Carbs: 45g
- Fat: 29g
- Protein: 56g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com