



Grilled Bison Burgers

Oscar · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

35 mins

Description

This grilled lean bison cheeseburger offers all the satisfaction of a classic beef burger with a healthier twist Add your favorite toppings for a gourmet burger you can feel good about

Ingredients

- - 1 pound ground bison - ½ cup panko bread crumbs - 1 large egg - 3 tablespoons Worcestershire sauce - 4 dashes hot sauce (such as Tabasco®) - 1 pinch granulated garlic - 1 pinch ground black pepper - olive oil cooking spray - 4 slices American cheese - 4 hamburger buns
- split and toasted

Instructions

1. Preheat an outdoor grill for high heat and lightly oil the grate. Combine bison
2. bread crumbs
3. egg
4. Worcestershire sauce
5. hot sauce
6. garlic
7. and pepper in a large bowl. Form into 4 patties. Place patties on a baking sheet. Cover with foil and refrigerate until chilled
8. about 15 minutes. Spray patties with cooking spray. Cook on the preheated grill until hot and slightly pink in center
9. about 5 minutes per side. Top each patty with cheese slices. Continue cooking until cheese melts
10. about 2 minutes more. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Sandwich patties between toasted bun halves and serve.