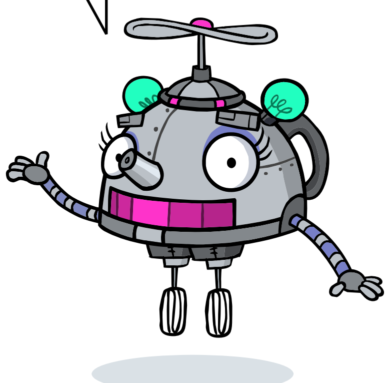
SHOPPING LIST

Beef Sliders

- ◯ Ground Beef
- ◯ Cheddar Cheese
- ◯ Kosher Salt
- ◯ Black Pepper
- ◯ Slider Buns

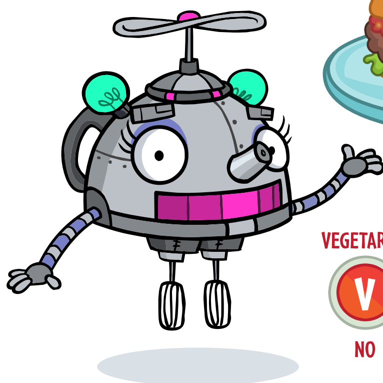


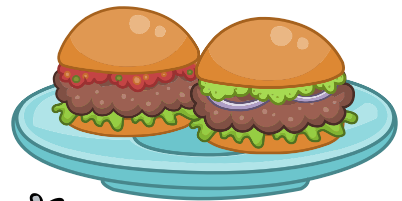
CUT

Mixiebot presents

DINNER

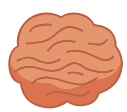
Beef Sliders



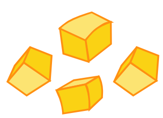


VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	less than 30 min	Hard	

YOU WILL NEED



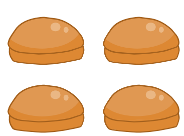
12 ounces ground beef, formed into 8 (1 ½ ounce) patties



2 ounces cheddar cheese, cut into four ⅜ – inch cubes

½ teaspoon kosher salt

¼ teaspoon black pepper



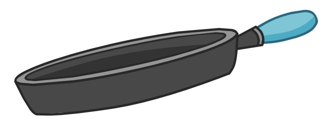
4 slider buns

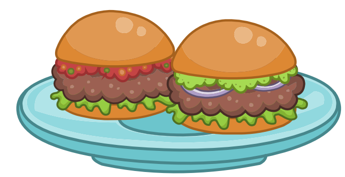
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Serve these sliders with ketchup, relish, caramelized red onions, guacamole, salsa, mustard, or barbecue sauce

STEP 1: Place one cheese cube on each of 4 patties, and then top with the remaining 4 patties. Pinch the sides together to seal the edges, and reshape the patties into 2-inch rounds. Season with the salt and pepper.





STEP 2: Heat a 12-inch skillet (a cast iron skillet works great here) over high heat; once hot, add the hamburger patties. Cook until the cheese is melted, 3 to 5 minutes per side, or longer for well done. Transfer to the buns, and serve.

Nutrition Facts

Serving Size 1 slider (143g)
Servings Per Container 4

Amount Per Serving	
Calories 370 Calories from Fat 180	
	% Daily Value*
Total Fat 20g	**31%**
Saturated Fat 8g	**40%**
Trans Fat 1g	
Cholesterol 75mg	**25%**
Sodium 620mg	**26%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 24g	

Vitamin A 4% • Vitamin C 0%
Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4