

Teriyaki Burgers with Chili Ketchup



main meals

POINTS® Value: 4

Servings: 4

Preparation Time: 12 min

Cooking Time: 10 min

Level of Difficulty: **Easy**

Our teriyaki-and-sweet-onion burgers are topped with flavorful chile-spiked ketchup. Phenomenal.

Ingredients

- 1 pound uncooked lean ground beef (with 7% fat)
- 4 Tbsp red onion(s), minced

- 2 Tbsp teriyaki sauce
- 1/4 tsp table salt
- 1/4 tsp black pepper
- 1 sprays cooking spray
- 1/2 cup ketchup
- 1/8 sun-dried hot chile pepper(s), minced (about 1 tsp), or to taste
- 1 large tomato(es), sliced
- 4 large leaf lettuce, Romaine

Instructions

In a large bowl, combine beef, onion, teriyaki sauce, salt and black pepper. Mix well and shape mixture into four patties about 1-inch-thick each.

Coat a large nonstick skillet or stove-top grill pan with cooking spray and set pan over medium-high heat. When pan is hot, add burgers and grill until cooked through, about 4 to 5 minutes per side.*

Meanwhile, in a small bowl, mix together ketchup and chilies.

Serve each burger with 1/4 each of tomato slices, lettuce and ketchup. Yields 1 burger per serving.

Notes

*You can also cook these burgers on an outdoor grill but might need to adjust the cooking time.