

Grass-fed burgers with chipotle barbecue sauce

COOKING TIP NO. 3: DON'T OVERCOOK
RARE TO MEDIUM-RARE GRASS-FED BEEF IS TENDER, BUT MEDIUM TO WELL DONE IS TOUGH AND CHEWY

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SERVES 4 **TIME** 35 minutes

You'll have plenty of the spicy, tangy sauce left over. Have it with grilled chicken or ribs.

SAUCE

- ¼ cup packed light brown sugar
- ½ cup ketchup
- 2 tbsp. canned chipotle chiles in adobo sauce (about 3 chiles), plus 1 tbsp. sauce
- 1 tbsp. Worcestershire
- 2 tbsp. molasses
- 2 tbsp. orange juice concentrate
- 1 tsp. minced garlic

BURGERS

- 1½ lbs. grass-fed ground beef
- 2 tsp. each kosher salt and freshly ground black pepper, divided
- 1 red onion, sliced ¼ to ½ in. thick crosswise
- 1 tbsp. vegetable oil, divided
- 4 slices Swiss cheese
- 4 sesame hamburger buns

4 slices ripe tomato

4 leaves butter or romaine lettuce

1. Make sauce: Purée all sauce ingredients in a food processor until very smooth.
2. Make burgers: In a bowl, combine beef and 1½ tsp. each salt and pepper (if using preformed burgers, sprinkle with salt and pepper). Form into 4 patties about ¾ in. thick, making a slight depression in each to help keep burgers flat as they cook. Put on a plate, cover, and chill until ready to grill.
3. Preheat a grill for medium heat (350° to 450°; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds).
4. Sprinkle onions with remaining salt and pepper and 1 tsp. oil. Grill, covered, until softened, turning once, 8 minutes total.
5. Meanwhile, rub burgers with 2 tsp. oil and grill, covered, turning once, about 6 minutes total for medium-rare. In the last few moments of cooking, lay a slice of cheese on each burger. Lay bun halves, cut side down, on grill to toast slightly.
6. Transfer buns to a platter and fill with burgers and onions. Spoon about 1½ tbsp. barbecue sauce on top and add a slice of tomato and a lettuce leaf.

Make ahead: Sauce: 1 week chilled.

PER BURGER, WITH 1½ TBS. SAUCE AND TRIMMINGS
612 CAL., 50% (306 CAL.) FROM FAT; 36 G PROTEIN; 34 G FAT (14 G SAT.); 41 G CARBO (2.3 G FIBER); 1,175 MG SODIUM; 112 MG CHOL. ■