



---

## Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

*If Veterans don't help Veterans, who will?*

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## ***Inside-Out Cheeseburgers***

- 1/4 Cup shredded Cheddar cheese
- 1/4 Cup shredded Gruyere cheese
- 1 Pound 90%-lean ground beef
- 1 Tbsp Worcestershire sauce
- 1 1/2 Tsp paprika
- 1/4 Tsp freshly ground pepper

- 1) Preheat grill to medium-high or preheat the broiler.
- 2) Combine Cheddar and Gruyere in a small bowl.
- 3) Gently mix beef, Worcestershire, paprika and pepper in a large bowl, preferably with your hands, without overworking. Shape into 8 thin, 4-inch-wide patties. Mound 2 tablespoons of the cheese mixture on each of 4 patties, leaving a 1/2-inch border. Cover each with one of the remaining patties. Crimp and seal the edges closed.
- 4) To grill: Lightly oil the grill rack (see Tip). Grill the stuffed patties over medium-high heat, about 4 minutes per side for medium-well. (Be sure not to press the burgers as they cook or they'll split open and the cheese will ooze out.) To broil: Cover a broiler pan with foil and coat with cooking spray. Broil the stuffed patties in the upper third of the oven, about 4 minutes per side for medium-well. In either case, let the burgers stand for 5 minutes before serving.

Makes 4 Servings

