

Avocados from Peru Burger

Makes 4 servings

Ingredients:

1½ lbs 80% lean ground beef

Salt, to taste

Pepper to taste

3 to 4 Tbsp barbecue sauce

4 slices cheddar cheese

4 hamburger buns

34 cup mayonnaise

8 slices bacon

1 red onion, sliced

1 to 2 tomatoes, sliced

2 Avocados from Peru, halved, pitted, peeled and sliced

4 large lettuce leaves

Instructions:

Shape ground beef into 4 patties. Season patties with salt and pepper. Preheat grill or grill pan to medium-high. Cook bacon. Remove from the pan and set aside. In the same pan, add patties. Cook for 2 to 3 minutes. Flip. Brush with barbecue sauce. Cook for another 2 to 3 minutes, or until internal temperature reaches 160 F. Flip. Brush with barbecue sauce. Top with cheese. Cook for 1 minute. Spread mayonnaise on both sides of the hamburger buns. Place patties on bottom buns. Top with bacon, red onion, tomato and avocado slices and lettuce.

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