
Carolina Burger

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Preparation Time: 45 minutes

Start to Finish Time: 1 hour

FOR THE CHILI

2 tablespoons vegetable oil

1/2 yellow onion, chopped

1 tablespoon tomato paste

2 tablespoons chili powder

1 teaspoon ground cumin

1 teaspoon dried oregano

2 teaspoons packed dark brown sugar

2 teaspoons Worcestershire sauce

1 pound ground beef

Kosher salt

freshly ground black pepper

3/4 cup canned crushed tomatoes

FOR THE SLAW

3 tablespoons mayonnaise

2 tablespoons apple cider vinegar

1 1/2 teaspoons granulated sugar

2 cups shredded coleslaw mix

Kosher salt

freshly ground black pepper

FOR THE BURGERS

1 pound ground beef

Kosher salt

freshly ground black pepper

1 tablespoon vegetable oil

4 slices cheddar cheese

1/4 cup yellow mustard

4 sesame hamburger buns

1/2 white onion, chopped

Make the chili: In a medium saucepan over medium-high heat, heat the vegetable oil. Add the yellow onion and cook, stirring, until softened, about 5 minutes. Add the tomato paste, chili powder, cumin, oregano, brown sugar and Worcestershire sauce. Cook, stirring, until the onion is coated, about 2 minutes.

Add the beef, 1/2 teaspoon of salt and a few grinds of pepper to the pan. Continue to cook, stirring, until the beef is no longer pink, 3 to 4 minutes. Add the tomatoes, 1/2 cup of water and a pinch of salt. Bring to a simmer and cook, stirring occasionally, until the chili is thickened, 15 to 20 minutes. Season with salt.

Meanwhile, make the slaw: In a medium bowl, whisk together mayonnaise, vinegar and granulated sugar. Add the coleslaw mix and toss to coat. Season with salt and pepper.

Make the burgers: In a large bowl, mix the beef with 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Form the mixture into four four-inch-wide patties (about 1/2-inch thick).

In a large skillet over medium-high heat, heat the vegetable oil. Add the burgers. Cook until browned, 2 to 3 minutes per side for medium, topping each patty with a slice of cheese in the last 2 minutes of cooking.

Spread the mustard on the bottoms of the buns. Serve the burgers on the buns and top with the chili, white onion and slaw.

Yield: 4 burgers

Sandwiches

Per Serving (excluding unknown items): 5587 Calories; 474g Fat (75.9% calories from fat); 274g Protein; 64g Carbohydrate; 14g Dietary Fiber; 1262mg Cholesterol; 5049mg Sodium. Exchanges: 1/2 Grain(Starch); 38 Lean Meat; 5 Vegetable; 0 Fruit; 68 Fat; 1 1/2 Other Carbohydrates.