



the

Spoonful of Foodies Burger

cook
book

Burgers

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Caramelized Onions
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italian pizza burger

Sarah Bates—The Chef Next Door

things you need

4 Angus beef patties

1 T Italian seasoning

1 tsp Salt

1 tsp Pepper

20 slices Pepperoni

8 slices mozzarella cheese

¼ cup marinara sauce

4 T grated Parmesan cheese

4 T grated Parmesan cheese

4 Hamburger Buns



- 1 Preheat a grill, or a grill pan on the stove, over high heat. Sprinkle the beef patties with the Italian seasoning, salt and pepper on both sides. Place on the grill, or grill pan, and cook for 5 minutes on the first side. Flip over and cook the second side an additional 4-6 minutes, depending on how you like your burger done.
- 2 A minute or so before the burgers are done cooking, lay five slices of pepperoni on top of each one, followed by two slices of cheese. Close the grill lid, or put a top on your pan, so the cheese can melt. Place the burgers on the bottom buns.
- 3 Add a tablespoon or so of marinara sauce to each burger, then sprinkle with a tablespoon of the Parmesan. Close the burgers with the top bun and serve.

helpful notes:

bbq turkey burger with caramelized onions

Kimberly Cooper—Feed Me Seymour

things you need

2 small yellow onions

1 T butter

1 T olive oil

1 cup beef stock

1 lb. ground turkey

Salt

Pepper

Burger seasoning

½ cup BBQ sauce of your choice

4 slices American cheese

Optional: pretzel rolls, ketchup,
tomatoes, lettuce



- 1 Begin with the caramelized onions. Slice your onions into thin slices. Melt butter and olive oil together in a pan over medium high heat. Once melted, add in the onions and season with salt and pepper.
- 2 Allow to cook for approximately five minutes, then add $\frac{1}{4}$ cup of beef stock. Cover and cook approximately 7 minutes until the onions have absorbed the stock. Add another $\frac{1}{4}$ cup of stock and repeat until all of the stock has been absorbed and the onions have cooked down and are caramelized. Remove to a plate until ready to use.
- 3 Divide your ground turkey into fourths. Take each fourth and form it into a patty. Sprinkle with salt, pepper and burger seasoning.
- 4 On a grill pan or griddle (you can use your grill if it is warm outside) over medium high heat, cook the burgers for approximately five minutes per side. With only an additional minute left, place the cheese on top and allow it to melt.
- 5 Remove the burgers from the grill. Place them on top of your roll, top each with 2 Tbsp. BBQ sauce, a generous serving of caramelized onions and the other half of the roll.
- 6

helpful notes

meatloaf burger

Janelle Shank—Bakesinslippers

things you need

FOR THE MEATLOAF:

- 2 T butter
- 1/2 yellow onion diced fine
- 1 T minced garlic
- 1 lb ground beef
- 2 T Worcestershire sauce
- 1/4 cup breadcrumbs
- 1 T salt
- 1/2 T black pepper
- pinch of cayenne
- 1 egg

FOR THE TOMATO RELISH:

- 1 lb small yellow tomatoes, peeled
- Half of a red onion, diced
- 1/2 jalapeno pepper, seeds out and sliced thin
- 1/4 cup apple cider vinegar (red wine would work as well)
- 2 T brown sugar



here's how

- 1 For the meatloaf:
- 2 Preheat oven to 350 degrees, line a baking pan with foil and spray lightly with cooking spray. Melt butter over medium heat. Add onion and garlic and sauté until tender, 5-7 minutes. Place ground beef in a large bowl and add remaining ingredients, stir well with hands, careful not to over mix. Add garlic and onions and mix lightly. Form into a loaf and place in loaf pan or line a baking sheet with foil and shape into a 9/10 inch loaf.
- 3 Bake for 45-60 minutes or until middle is no longer pink. Optional: add a ketchup topping at 45 minutes. Mix 1 T Worcestershire, 4 oz. tomato sauce, 2 T tomato paste, 1 T ketchup and 1/2 T brown sugar. Mix and top meatloaf and cook for 15 more minutes.
- 4 For the tomato relish:
- 5 Place all ingredients in a sauce pan, season with salt and pepper and let simmer for 40 minutes, stirring occasionally. Place in a glass mason jar and let cool. Will keep in fridge for one month.
- 6 Directions for putting together:
 - Meatloaf
 - Tomato
 - Relish
 - Cheese
 - Hamburger BunsSlice meatloaf into thick slices. Add a slice of cheese to bottom and top of each bun. Slather tomato relish on top and bottom of buns. Place meatloaf between buns and serve with corn on the cob

helpful notes:

cheesy chili frito burger

Trisha Benevides—The Lazy Mom's Cooking Blog

things you need

4 Hamburger Buns

4 Hamburger Patties

Salt

Pepper

Garlic Powder

Onion Powder

1 batch Weeknight Chili (page 18)

2 cups Shredded Cheddar Cheese

2 cups Frito Chips



- 1 Heat a skillet over medium heat. Season each hamburger patty with salt, pepper, garlic, and onion powder.
- 2 Sear patties until desired doneness.
- 3 To assemble, place each patty on a hamburger bun. Pile high with chili, then top with cheddar cheese and fritos.
- 4 Enjoy with a napkin or two!

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helpful notes

turkey kale cheddar burger

Elizabeth Van Huffel—Local Savour

things you need

- 1 pound fresh ground turkey
- 3 cups fresh kale chopped
- 2 cups cheddar cheese shredded
- 1 cup bread crumbs
- 1 large egg
- 2 Tablespoons milk
- 1 Tablespoons Worcheshire sauce
- 1 medium garlic clove minced
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 6 small slider buns - toasted if desired
- 6 medium lettuce leaves
- 1/2 cup mango sriracha sauce (page 30)



- 1 Preheat grill to medium high heat about 375-400 degrees. Combine all ingredients together -- turkey, kale, cheddar, egg, bread crumbs, milk, Worcestershire, garlic, onion powder, salt and pepper, into a large bowl and stir well. Once combined, use hands to form 6 even sized patties.
- 2 Place patties on the grill and cook on one side until golden brown about 5-7 minutes then flip over to the other side to continue cooking about 4-6 minutes on each side or until cook to desired temperature. Once cooked remove from heat and assemble sliders.
- 3 To assemble: Place buns open and brush each side with a Tablespoon of Mango Sriracha Sauce. Next add a piece of lettuce to the bottom of the bun, then top with a burger followed by the top of the bun. Repeat process to make all of the sliders and serve.
- 4
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helpful notes

mushroom burger

Jacqueline DiNuoscio- Go Go Go Gourmet

things you need

2 egg yolks, room temperature
2 tsp lemon juice
2 garlic cloves
1 T Dijon mustard
½ c olive oil
½ c vegetable oil
½ onion, sliced thin
4 oz. baby bella mushrooms, sliced
¾ lb ground chuck
Burger seasoning- suggestion: garlic salt and pepper
Worcestershire, 1 tsp per burger patty
4 slices provolone cheese
2 egg yolks, room temperature
2 tsp lemon juice
2 garlic cloves
1 T dijon mustard
½ c olive oil
½ c vegetable oil
2 hamburgers buns, split



- 1 To make the aioli: Place the egg yolks, garlic cloves and lemon juice in the bowl of a food processor. Start the food processor and allow it to run while the oil is slowly and steadily drizzled in. You should have a creamy mayonnaise-like texture. Fold in the mustard and set aside for at least 30 minutes. Aioli can be kept in a covered container in the refrigerator.
- 2 In a small saute pan, heat 1 T olive oil over medium heat. Add the onions and cook slowly until soft, golden brown, and caramelized. Repeat with the mushrooms.
- 3 Heat a grill to medium heat. Form the ground beef into a patty and season it. Sprinkle it with the worcestershire; poke several small holes with a fork to allow it to absorb into the patty.
- 4 Cook the patty on the grill, flipping once, until the burger is cooked to desired doneness, about 7 minutes total.
- 5 Top each patty with a slice of cheese, then half the sautéed onions and mushrooms, then the other slice of cheese. Turn the grill heat to low and allow the cheese to melt.
- 6 While you are waiting for the cheese to melt, add the hamburger buns to the grill, cut side down, to toast.
- 7 Stack the burger between the buns, smearing 1 T aioli on the top bun. Serve immediately.

helpful notes

spicy bbq bacon corn burger

Prudy Blank—Butter, Basil, and Breadcrumbs

things you need

Spicy Mustard BBQ Sauce

½ cup spicy brown mustard
½ cup your favorite barbecue sauce
2 tbsp. brown sugar
2 tbsp. cider vinegar
1 tbsp. Worcestershire sauce
2 tsp hot sauce
¼ tsp salt
½ tsp black pepper

The Burger

1 pound ground sirloin
1 tbsp. mustard
1 tbsp. ketchup
1 tbsp. Worcestershire sauce
½ tsp salt
1 tsp black pepper

The Toppings

½ cup fresh or frozen corn kernels
½ small jalapeno pepper, roasted and minced
4 slices bacon, fried crisp and chopped
1 tbsp. butter
¼ tsp salt
½ tsp black pepper
2 thick slices of onion, rubbed with a bit of olive oil,
and seasoned with salt and pepper
½ cup jalapeno jack cheese, grated
2 rolls (your choice) I used a wheat roll for this burger
lettuce and tomato slices



1 Spicy Mustard BBQ Sauce

In a small saucepan, combine the brown mustard, barbecue sauce, brown sugar, cider vinegar, Worcestershire sauce, hot sauce, salt, and pepper. Simmer over low heat until thickened. Serve warm over burger. The barbecue sauce can be kept in a covered jar for up to two weeks in the refrigerator.

2 The Toppings

While the burgers are grilling, prepare the toppings:

Melt the butter in a small sauté pan. Add the corn, jalapeno pepper, cooked bacon, salt, and pepper. Saute until the corn is semi-cooked. Keep warm until burgers are ready to be topped.

3 The Burger

In a medium bowl, mix the ground sirloin, mustard, ketchup, Worcestershire sauce, salt, and black pepper until just combined.

Divide the beef into two sections and form into two thick patties.

Over a medium flame, grill the patties until the internal temperature reaches 160 degrees (foodsafety.gov).

At the same time the burgers are on the grill, place the slices of onion on the grill, and cook until browned on each side. Remove from heat.

Divide the cheese, and place on top of each burger. While the cheese is melting, Cut the two rolls in half, and place cut side down on the grill to toast. When it has melted, remove the burgers from grill, and place on rolls.

Top each with the grilled onion, the corn and bacon mixture, and a good dollop of barbecue sauce. Garnish with lettuce and tomato.

Serve immediately with your favorite onion rings and lots of napkins!.

helpful notes

Sauces and Sides

- 18 Weeknight Chili
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- 24 Parmesan Herb Fries
- 26 Garlic Roasted Potatoes
- Southern Style Green Beans
- 28 Beans
- 30 Mango Sriracha Sauce
- 32 Kicked Up French Fries

weeknight chili

Trisha Benevides—The Lazy Mom's Cooking Blog

things you need

1 cup Chopped Onions

2 T Olive Oil

1 tsp Chopped Garlic

1 16 oz can Pinto Beans

1 14.5 oz can Diced Fire
Roasted Tomatoes

1 tsp Chili Powder

1 tsp Cumin

1 tsp Paprika

1/2 tsp Salt

1/2 tsp Pepper



- 1 In a medium saucepan, sauté onions in olive oil over medium heat until soft, about 7-8 minutes. Add garlic and cook until the fragrance dissipates.
- 2 Add pinto beans, tomatoes, chili powder, cumin, paprika, salt, and pepper. Bring to a simmer.
- 3 Serve immediately.

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grilled pesto onion rings

Elizabeth Van Huffel—Local Savour

things you need

2 large white onions ends removed + peeled

2 cups fresh basil leaves

3/4 cup olive oil

1/2 cup parmesan cheese grated

1/2 cup pinenuts

1 medium garlic clove peeled

1/4 teaspoon kosher salt



- 1 Preheat grill to medium high heat—about 375-400 F. Cut onions into 1/2" rounds and set aside.
- 2 Place remaining ingredients into a food processor and pulse to combine. Brush each onion with pesto and place on grill pesto side down.
- 3 Cook for 5 minutes or until golden brown on that side. Brush other side with pesto and flip the onions. Cook another 3-5 minutes or until golden brown on that side.
- 4 Remove from grill. Brush with remaining pesto and serve.

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panzanella salad

Sarah Bates—The Cooking Jar

things you need

3 Tbsp extra-virgin olive oil

1/2 of a loaf of Italian bread, cut into 1-inch cubes
(approx. 6 cups)

1 tsp sea salt 3 Roma tomatoes,
cut into bite sized pieces

1 zucchini, peeled and cut into bite sized pieces

1 red bell pepper,
seeded and cut into bite sized pieces

1 yellow bell pepper, seeded and cut into bite sized
pieces

3 Tbsp finely diced red onion 3 rosemary sprigs, finely
chopped

For the dressing:

1/2 tsp minced garlic

1/2 tsp Dijon mustard

3 Tbsp white wine vinegar

1/2 cup extra-virgin olive oil

1/2 tsp salt

1/2 tsp pepper



- 1 Add the oil to a large skillet and place over medium heat. Add the bread cubes and sprinkle with salt. Turn the heat down to medium-low and cook, tossing frequently, for about 10 minutes, or until the cubes are nicely browned.
- 2 Whisk all of the dressing ingredients together. Place the tomatoes, zucchini, peppers, onion, and rosemary in a large bowl. Add the bread cubes, then toss everything well with the dressing. Season with salt and pepper to taste.
- 3 Allow the salad to sit for about 30 minutes for the flavors to blend.

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parmesan herb fries

Jacqueline DiNuoscio—Go Go Go Gourmet

things you need

2 large white onions ends removed + peeled

2 cups fresh basil leaves

3/4 cup olive oil

1/2 cup parmesan cheese grated

1/2 cup pinenuts

1 medium garlic clove peeled

1/4 teaspoon kosher salt



- 1 Peel the potatoes and slice into fries using a mandolin.
- 2 Heat 1" of oil to 350 F.
- 3 Working in batches, fry the potatoes to golden brown. Use a wire strainer to remove the fries to a basket lined with paper towels.
- 4 In a large bowl, melt the butter. Add fries, parmesan, and herbs. Toss to combine.
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garlic roasted potatoes

Kimberly Cooper—Feed Me, Seymour

things you need

10 small red potatoes

3 cloves garlic

2 Tbsp. olive oil

coarse sea salt



- 1 Preheat the oven to 425 degrees and line a baking sheet with foil. Spray with non-stick spray.
- 2 Wash your potatoes thoroughly, then dry with a towel. Cut them into quarters and place on the foil-lined pan. In a small bowl, combine garlic and olive oil. Pour the oil over top of the potatoes and toss to coat completely. Sprinkle with sea salt.
- 3 Cook for 25 to 30 minutes until potatoes are crispy. Sprinkle with additional sea salt if necessary.

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southern style green beans

Trisha Benevides—The Lazy Mom's Cooking Blog

things you need

2 lbs Fresh Green Beans

1/2 lb Applewood Smoked Bacon

1 tsp Salt

1/2 tsp Pepper

8 cups Water



- 1 Chop bacon into strips. Set aside.
- 2 Chop ends off green beans and then chop into bite sized pieces.
- 3 In a large stock pot, add water, salt, pepper, bacon, and green beans.
- 4 Heat over medium heat for 30 minutes, stirring occasionally. Drain water and serve immediately.
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mango sriracha sauce

Elizabeth Van Huffel—Local Savour

things you need

1 large mango peeled,
seeded and cubed

1/2 cup mayonnaise

2 Tablespoons sriracha sauce

1/2 teaspoon ground black pepper

1/4 teaspoon kosher salt



1 Combine all ingredients into a food processor and pulse together until smooth. Dollop on top of burgers, sandwiches, tacos, fish, and more. Store in an airtight container for up to one week.

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kicked up french fries

Prudy Blank—Butter, Basil, and Breadcrumbs

things you need

- 2 large russet potatoes
- 2 large sweet potatoes
- 1 cup vinegar
- 5 cups water
- 3 cups canola oil
- Sea salt to taste
- 3 tbsp harissa infused olive oil
- 1/4 to 1/3 cup shredded parmesan cheese
- 1 tbsp fresh thyme leaves
- 1 lemon, cut into wedges



- 1 Wash and dry the potatoes. Slice into 1/4" thick fries. Try to keep them as uniform in thickness as possible, so that they cook in the same amount of time.
- 2 Bring the vinegar and water to boil in a medium saucepan or dutch oven. Add one half of the potatoes and boil for exactly four minutes. Remove with a wire spider skimmer and place on a baking sheet lined with paper towels. Let them dry completely, flipping them so that they dry on all sides. Let cool completely. Repeat with the other half of the potatoes.
- 3 While the potatoes are cooling, heat the canola oil in a large saucepan (You want the oil to be at least 2" deep, so add more oil if you think you need it). I deep fry them when the oil reaches 350 degrees. When the oil is ready, add a few potatoes at a time to the pan. Don't overcrowd them. Deep fry for 3 minutes. Remove with a wire spider skimmer to a baking sheet with a cooling rack placed on top. Repeat with remaining potatoes, and let cool completely on the cooling rack, which by the time you've finished the last of the potatoes, the first batch will have already cooled.
- 4 At this point the fries will still be white / light orange and soft. Now to bring a little color and crispiness to the fries. This is where you really need to stand over the pan and watch the french fries cook. Add 1/2 of the cooled potatoes back to the oil, and let them fry until they're golden brown and crispy. Remove from the oil with the wire skimmer, and drain them on the baking sheet with the cooling rack. Salt to taste. Keep in warm oven until the remainder of the french fries are cooked.
- 5 Now to bring a little color and crispiness to the fries. This is where you really need to stand over the pan and watch the french fries cook. Add 1/2 of the cooled potatoes back to the oil, and let them fry until they're golden brown and crispy. Remove from the oil with the wire skimmer, and drain them on the baking sheet with the cooling rack. Salt to taste. Keep in warm oven until the remainder of the french fries are cooked.
- 6 After the last batch has been deep fried, add the fries to a large bowl. Drizzle with the harissa infused olive oil, and carefully toss until the fries are fully coated. Divide into four servings, and top with parmesan cheese. Sprinkle each serving with thyme leaves. Serve with lemon wedges, and squeeze the lemon juice over the loaded fries right before eating.

Drinks

- 35 Kinky Moscattini
- 37 Frozen Peach Bellini
- 39 Strawberry Basil Sangria
- Honeydew Ginger
- 41 Whisky Fizz
- 43 The Painkiller
- 45 Nectarine Whiskey Fizz

kinky moscatini

Trisha Benevides—The Lazy Mom's Cooking Blog

things you need

1 bottle Citrus Infusion Barefoot Moscato

2 cups Kinky Pink Liqueur



- 1 Chill moscato for 8 hours.
- 2 Combine both ingredients in a large pitcher. Stir gently. Serve and drink responsibly.
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frozen peach bellini

Sarah Bates—The Cooking Jar

things you need

1 1/2 cups Prosecco

16 oz. unsweetened frozen peaches

3 Tbsp sugar

Juice of half a lemon

Fresh peach slices, for garnish



- 1 In a large blender, combine all of the ingredients, except for the fresh peaches, and process on high until smooth.
- 2 Pour into glasses and garnish each with a fresh peach slice.

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strawberry basil sangria

Elizabeth Van Huffel—Local Savour

things you need

3-4 cups fresh strawberries,
stems removed and sliced

1 750ml bottle white wine
(sauvignon blanc, pinot grigio,
or other crisper white favorite)

1/2 cup vodka

1/4 cup fresh basil chopped

1/4 cup triple sec

2 cups sparkling water



- 1 Place 2 cups of fresh strawberries into a large serving pitcher along with the fresh basil and muddle together for 1-2 minutes. Next add in triple sec and vodka and continue to muddle for another minute.
- 2 Pour white wine over the top and gently stir together. Place pitcher in the refrigerator for 2 hours up to over night before serving. Remove from the refrigerator, add in sparkling water and gently stir. Pour out into glasses, garnish with a strawberry and serve.

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honeydew ginger whisky fizz

Trisha Benevides—The Lazy Mom's Cooking Blog

things you need

1/2 Honeydew, cubed

1/2 cup Lemon Juice

1 litre Ginger Ale

1 cup Whisky

Mint for garnish



- 1 In a food processor, combine honeydew and lemon juice and puree.
- 2 Sieve honeydew puree in a strainer. Retain juice and discard pulp. Pour liquid into a large pitcher.
- 3 Add ginger ale and whisky. Stir gently.
- 4 Serve with a mint leaf garnish.
- 5
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the painkiller

Jacqueline DiNuoscio—Go Go Go Gourmet

things you need

4 oz rum

3 oz. pineapple-orange juice

1 oz. creme de coconut

Ice

Nutmeg

toasted coconut, optional for garnish



1 In a cocktail shaker, combine the rum, juice and coconut with ice. Shake vigorously to mix, then pour into a cocktail glass. Sprinkle with nutmeg and serve.

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nectarine whiskey fizz

Prudy Blank—Butter, Basil, and Breadcrumbs

things you need

1 oz Whiskey

3 oz Nectarine Nectar

2 to 3 mint leaves

Ice Cubes

Club Soda (Lemon Lime Soda, or Gingerale)

1/2 oz Grenadine

Crushed Ice

Nectarine Slices

Sprig of Mint

1 cube Turbinado Sugar



- 1 Muddle the mint leaves in the bottom of a cocktail shaker. Add the whiskey and nectarine nectar. Add enough ice cubes to cover the liquid.
- 2 Cover, and shake for about 20 seconds. Fill an old fashioned glass with crushed ice, and strain the shaken cocktail over the ice.
- 3 Top with Club Soda. Drizzle Grenadine into the middle of the drink. Garnish with mint leaves, nectarine slices, and a cube of turbinado sugar.

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