



Red White and Blue Burger

Ingredients

- 2 pounds 80/20 beef (if you fancy get angus or from a cow named King George if you really want to get in the spirit of FREEDOM)
- 1 red bell pepper
- 1 tomato
- 1 package of mixed greens or really any lettuce of your choosing
- 1/2 tablespoons olive oil (this is an irrelevant measurement but it looks better doesn't it)
- 4 tablespoons butter
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon sea salt or garlic salt or season salt...I think you get the hint any salt will do whatever makes you feel fancy
- 1/2 teaspoon smoked paprika
- 4 oz blue cheese crumbles
- 4 slices provolone cheese
- 4 buns ...just buns of your liking. You can get super fancy and get focaccia or any other kinda bun what sounds like a skin condition but any bun will do.
- Any other condiment of your like, we suggest mayo, or Dijon mustard...or just let the burger stand on it's own

Preparation

- **Step 1:** Remove the core and all seeds from the red bell pepper then wrap the red bell pepper in aluminum foil and place in an oven at 425 F for about 20 minutes.
- **Step 2:** While the peppers are roasting patty out the beef into 4 patties a little wider than the width of the bun. Then mix the dry spices together and rub the patties generously on both sides. Pro-tip press your thumb down in the middle of the patty leaving a good size dent this helps to keep the patty from turning into a big meatball as it cooks.
- **Step 3:** Heat a heavy pan up to medium-medium high and put the butter in the pan then grill the inside of the buns just enough to get a slight toasty crunch then remove the buns from heat.
- **Step 4:** While you are grilling the buns in the pan remove the peppers from the oven and cut in small strips also go ahead and slice the tomato since you've got a knife in your hand. This is of course when you take a break from making ninja noises and pretending your kitchen knife is a sword.
- **Step 5:** Place the 4 patties in the same pan you were grilling the buns in and cook the first side about 3-5 minutes then flip. You only flip them one time don't flip the burgers over and over it makes them dizzy and they can't dance. After you flip them the first time then place some of the blue cheese a few red bell peppers on the top of the patty. Then cover with the provolone cheese and let it melt. Cook this side for about 5-6 minutes for med rare.

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- **Step 6:** Now we build the burger. On the bottom next to the bun place any condiments you like then lettuce then tomato and some more blue cheese then place the burger on top of all that top with the other bun and LET FREEDOM RING!