

# Big Ben Burger



Makes 4 servings

1 pound ground sirloin

4 green onions, thinly sliced

2 pinch cayenne

4 pineapple rings

4T soy sauce

1t sesame oil

1/2c blue cheese, crumbled

Mix together soy sauce and sesame oil. Brush pineapple rings with mixture, cover and refrigerate at least 20 minutes.

Mix together ground sirloin, green onions and cayenne. Form into 4 patties.

Grill burgers over medium~high heat about 7 minutes each side for medium. While burgers are grilling, grill pineapple briefly on each side. Top burger with pineapple, crumbled blue cheese and garnish with spicy mustard.

## Prepare Ahead Tip

Make patties but do not cook. Individually wrap well and freeze. Thaw overnight in refrigerator day before consumption. Cook as directed.