



GRILLED CHEESEBURGER WRAPS

INGREDIENTS

- 1 pound ground beef
- 1 tablespoon Worcestershire sauce
- 1 tablespoon ketchup
- 1 tablespoon grated parmesan
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 5 medium wraps
- 5 slices american cheese
- Topping suggestions- diced tomatoes, onions, romaine lettuce, bacon, ketchup, mustard, mayo
- 1 Burger Bomb portioned spice optional

DIRECTIONS

1. In a medium to a large skillet coated with cooking spray, cook the beef on medium until almost cooked through but still a little pink (about 7-10 minutes). Break beef up as it cooks
2. Add Worcestershire, ketchup, grated parmesan. Season with Burger Bomb to taste OR add onion powder, garlic powder, salt, and pepper to the beef. Mix together until thoroughly combined.
3. Continue cooking until beef is cooked all the way through and is no longer pink.
4. In the center of the wrap place a slice of cheese and 1/2 cup of the beef mixture.
5. If desired, add tomato, onion, lettuce, bacon, ketchup, mustard, and/or mayo.
6. If you're using a grill pan, heat it on medium-high. Once it is hot, roll the wrap and place the seam side down on the pan. When the wrap is toasted turn it over. Grill for another 2-3 minutes then remove.
6. Repeat steps 4 and 5 for the rest of the wraps.

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SHOPPING LIST

- worcestershire sauce
- ketchup
- grated parmesan
- onion powder
- garlic powder
- salt & pepper
- 5 medium wraps- we like tomato basil or spinach wraps
- american or favorite cheese
- Topping suggestions- diced tomatoes, onions, romaine lettuce, bacon, ketchup, mustard, mayo.

SIDE OPTIONS

sweet potato or crinkle cut fries
green beans
tossed salad
fresh fruit

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