

Pretzel Burgers & Cheddar Cheese Sauce

with Roasted Onion & Sweet Potato

TIME: 30-40 minutes

SERVINGS: 2

These burgers are a celebration of the flavors of Oktoberfest (the famous German autumn festival), featuring juicy beef patties tucked into pretzel buns slathered with zesty whole grain mustard. Roasted onion and a rich cheddar cheese sauce seasoned with fresh thyme make for irresistible toppings. On the side, roasted sweet potato rounds offer an exciting twist on the classic fries.



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Ingredients



10 oz
GROUND BEEF



2
PRETZEL BUNS



1
RED ONION



1
SWEET POTATO



1 bunch
THYME

KNICK KNACKS:



2 oz
CHEDDAR CHEESE



$\frac{3}{4}$ cup
MILK



1 Tbsp
WHOLE GRAIN
DIJON MUSTARD



1 Tbsp
ALL-PURPOSE
FLOUR



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Thinly slice the sweet potato into rounds.
- ☐ Peel the onion and thinly slice into rounds; separate the rings.
- ☐ Pick the thyme leaves off the stems; discard the stems.
- ☐ Grate the cheese on the large side of a box grater.
- ☐ Halve the buns.



2 Roast the sweet potato & onion:

- ☐ Place the **sweet potato** on a sheet pan. Place the **onion** in a bowl. Drizzle each with olive oil and season with salt and pepper; toss to thoroughly coat.
- ☐ Arrange the seasoned sweet potato in a single layer on 1 side of the sheet pan. Arrange the seasoned onion on the other side of the sheet pan.
- ☐ Roast 19 to 21 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven and top with **half the thyme**. Set aside in a warm place.

3 Make the cheese sauce:

- ☐ While the sweet potato and onion roast, in a small pot, heat **1 teaspoon of olive oil** on medium-high until hot. Add the **flour** and cook, whisking frequently, 1 to 2 minutes, or until golden brown.
- ☐ Slowly whisk in **half the milk**. Cook, whisking frequently, 1 to 2 minutes, or until thickened; season with salt and pepper.
- ☐ Reduce the heat to low. Add the **cheese** and cook, whisking constantly, 1 to 2 minutes, or until smooth. (If the sauce seems too thick, gradually add the remaining milk to achieve your desired consistency.)
- ☐ Turn off the heat; stir in the **remaining thyme**. Season with salt and pepper to taste. Set aside in a warm place.



4 Form & cook the patties:

- ☐ While the sweet potato and onion continue to roast, place the **ground beef** in a bowl. Season with salt and pepper; gently mix to incorporate. Using your hands, form the mixture into two 1/2-inch-thick patties. Transfer to a plate.
- ☐ In a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium until hot. Add the patties and cook 3 to 4 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Turn off the heat.



5 Toast the buns:

- ☐ While the patties cook, place the **buns** on a separate sheet pan, cut side up. Toast in the oven 4 to 6 minutes, or until lightly browned. Remove from the oven and transfer to a work surface.

6 Finish & plate your dish:

- ☐ Divide the **mustard** between the cut sides of the **toasted buns**. Top the bun bottoms with the **cooked patties**, **cheese sauce** (if the sauce seems too thick, whisk in 1 tablespoon of warm water before adding), and **as much of the roasted onion as you'd like** (you may have extra onion). Complete the burgers with the bun tops.
- ☐ Divide the burgers and **roasted sweet potato** between 2 dishes. Enjoy!