AIR FRYER HAMBURGERS

INGREDIENTS

- 1 lb. lean ground beef
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ cup approved BBQ sauce – optional
- 4 hamburger buns
- Toppings – as desired

PREPARATION

1. Mix meat, salt, pepper, onion powder, and garlic powder in a medium bowl.
2. Form 4 patties that are about 1/2 inches thick.
3. Make a small indent at the center of the patty with thumb. Brush patties with approved barbecue sauce if using.
4. Preheat the air fryer to 370°F and add patties in a single layer to the basket.
5. Cook for 6 minutes then flip burger over and cook another 3-5 minutes or until beef reaches 160°F.
6. Add cheese (for Maintenance only) if using and cook for 1 minute more.
7. Wrap with lettuce leaves and serve!

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