

BARBECUE BEEF BURGER

INGREDIENTS

ITEM	QUANTITY
Canned Tomato Sauce, with no onion or garlic added	½ Cup
Maple Syrup	2 Tbsps.
Apple Cider Vinegar	1 Tbsp.
Dijon Mustard	1 Tbsp.
Smoked Paprika	1 Tsp.
Chili Powder	½ Tsp.
Ground Cumin	¼ Tsp.
Salt	¼ Tsp.
Black Pepper	¼ Tsp.
Lean Ground Beef	1 lb
Smoked Paprika	1 Tsp.
Salt	½ Tsp.
Black Pepper	¼ Tsp.
Garlic-infused Olive Oil	1 Tbsp.
Low-fodmap Hamburger Buns	4
Lettuce Leaves	4
Sliced Tomato	½ Cup
Pickles	

SERVING SIZE **1 BURGER**

PREPARATION

- To make the BBQ sauce, combine the tomato sauce, maple syrup, apple cider vinegar, Dijon mustard, smoked paprika, chili powder, cumin, salt, and pepper in a small saucepan.
- Bring to a gentle simmer over medium-low heat.
- Cook for 8-10 minutes, stirring occasionally, until slightly thickened.
- Remove from the heat and let cool slightly.
- Divide the BBQ sauce into two portions: use about half for the burgers and reserve the rest for serving.
- Season the ground beef with smoked paprika, salt, and pepper. Mix gently until just combined.
- Form the beef into 4 patties.
- Heat the garlic-infused olive oil in a large skillet over medium-high heat.
- Cook the burgers for about 4-5 minutes per side, or until cooked through.
- During the final minute of cooking, brush each burger with some of the BBQ sauce.
- Toast the buns if desired.
- Assemble each burger with lettuce, tomato, pickle, and homemade BBQ sauce.

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