



Ashley's Meal Prep Monday!



Air Fryer Burgers

INGREDIENTS

1 lb ground hamburger
1 TSP worcestershire
sauce

1 TSP seasoning salt

1 TSP garlic salt

1 TSP onion powder

*additional toppings,
cheese, lettuce,

tomatoes, pickles, bacon,
onion, etc.

In a large bowl, mix hamburger, worcestershire sauce, seasoning salt, garlic powder and onion powder with hands. Try not to overmix and form into 4 patties. *Press a thumbprint into the center of the patty to help hold the shape while it cooks.*

Place burgers in the air fryer, depending on size you might need to cook a couple at a time.

Cook for 8 minutes at 360. Flip the burgers over and cook for an additional 6-8 minutes, or until the temp of the burgers are 160 degrees.

Top with cheese and throw back in the airfryer for a minute - then add your favorite toppings and condiments!

Recipe: www.julieseatsandtreats.com

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