

**Ingredients for Burger Patties:**

1 pound ground beef  
1 green onion minced  
1/2 tsp garlic powder  
2-3 tbsp barbecue sauce  
salt & pepper

**Ingredients for Coleslaw:**

2 cups shredded cabbage  
1/3 cup shredded carrot

**Ingredients for Caramelized Onion BBQ Sauce:**

3/4 cup chopped sweet onion  
1/2 cup barbecue sauce  
1/2 cup tomato sauce  
1 tbsp balsamic vinegar  
1 tbsp honey



**Notes:** Makes four, quarter pound burger patties, two cups coleslaw and one cup barbecue sauce. Dress Coleslaw with one tablespoon **rice vinegar** and one teaspoon **honey** or two tablespoons **mayonnaise** and a squeeze of **lime**. You can even dress the slaw with **ranch dressing**... it's your sandwich.

**Directions:**

- 1. Make the BBQ Sauce.** In a small sauce pan over medium-low heat, add a teaspoon of olive oil and chopped onions. Sweat onions until they begin to turn golden, do not char. Add balsamic vinegar, your favorite barbecue sauce, tomato sauce and honey. Turn the heat down and cover. Simmer for at least 30 minutes, up to an hour, stirring occasionally. Flavors deepen with time.
- 2. Make the Coleslaw.** Combine shredded cabbage and carrot with one tablespoon rice vinegar and one teaspoon honey or two tablespoons mayonnaise and a squeeze of lime. Refrigerate until ready to use.
- 3. Make the Burger Patties.** Preheat your grill. Combine ground meat, minced green onion, garlic powder, black pepper and barbecue sauce. Loosely shape burger patties. If meat mixture is too moist for your taste, add a tablespoon of panko breadcrumbs and incorporate into patties before shaping. Salt patties just before grilling. Grill patties until desired temperature. Grill or toast buns.
- 4. Build the BBQ Burger.** Add a smear of Caramelized Onion BBQ Sauce to the grilled or toasted bottom bun. Top with burger patty and another smear of BBQ Sauce. Top each burger with about a quarter cup of Coleslaw and top bun. Share and enjoy.