

## SMASH BURGERS

### Ingredients:

- 1 (and a bit) pound ground beef
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon kosher salt (for later)

### Instructions:

- (1) Thoroughly mix ingredients together (not the salt!). Form mixture into 4 balls and then flatten into disks (smooth edges). Refrigerate for about 30 minutes.
- (2) Remove patties from fridge and season them with the salt. Oil a skillet and turn to medium-high. Place burgers on grill and firmly flatten with a metal spatula. Cook for 2-3 minutes per side. Serve immediately.