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# Traeger Smash Burger

## Traeger Kitchen

**Prep Time:** 10 Minutes

**Cook Time:** 15 Minutes

**Serves:** 4 people

### Ingredients

#### main

1 Pound Ground Beef, 80% Lean  
1 Teaspoon Salt  
1/2 Teaspoon Black Pepper  
Traeger Beef Rub  
Butter, Melted  
2 Medium White Onions, Thinly Sliced  
4 Slices American Cheese  
4 Potato Buns, Or White Burger Buns  
Ketchup And Mustard, For Serving  
2 Cup Shredded Iceberg Lettuce  
Sliced Pickles, For Serving

### Steps

1. Form ground beef into 3oz-4oz balls and season with salt and pepper or Beef Rub.
2. When ready to cook, set Traeger temperature to 450°F and preheat, lid closed for 15 minutes. Place a cast iron griddle on the grill grate while the grill preheats.
3. Oil the griddle with fat or butter. Place the onions on the corner of griddle to start caramelizing. Place burger balls on hot griddle and immediately smash them down with a spatula until flattened thin, (about a half inch).
4. Cook until burgers are well browned.
5. Carefully flip the burger, place some onions on top of the patty, then add cheese. Butter buns and place on griddle to toast.
6. Remove burgers and buns from grill and build in this order: bottom bun, desired sauce, lettuce, burger with caramelized onions and cheese, another layer of lettuce, house pickles, a little more sauce and the top bun. Serve immediately. Enjoy!