



# THE ingles TABLE

with Lindsay Moore  
**Cheeseburger Bites**

## Shopping List

- 1 lb Lean Ground Beef
- 3/4 Cup Liquid Egg Whites or 4 whole egg whites
- 1/2 Cup Shredded Cheddar
- 1/2 Cup Shredded Parmesan
- 1/2 Cup Breadcrumbs
- 1/4 Cup Ketchup
- 3 Tbsp Mustard
- 1/4 Cup Pickle Relish

## Cooking Instructions

- 1) Preheat oven to 400 degrees.
- 2) Brown the ground beef in a large skillet over medium-high heat.
- 3) While meat cooks, mix remaining ingredients in a large mixing bowl.
- 4) Allow meat to cool slightly, then fold into large mixing bowl with remaining ingredients until combined.
- 5) Spray a 24-muffin tin with nonstick cooking spray, then spoon approximately 1 heaping tablespoon of mixture into each mini muffin tin.
- 6) Bake for 23-25 minutes or until muffin tops are golden brown.



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