



Animal Style Cheeseburger

My healthy, copycat version of the famous West Coast, In-n-Out cheeseburger. You're welcome.

In-n-Out Burger is a West coast institution. Since the beginning of time, the debate has raged on whether or not they make the best fast food burger in the country or not. The debate will never end and that's ok. When you go to In-n-Out, you can order "secret" menu items, the most popular being, having your burger be made "Animal Style". If you're only going to have In-n-Out one time, you need an Animal style Cheeseburger.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



*- last checked 02/15/24 -
Listed Points DO NOT INCLUDE THE BUN! Use
whatever brand buns you want, then add these points.*

Ingredients:

Savory Ground Turkey Patties:

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg. 26

Thousand Island Dressing:

- 1/2 batch of my Thousand Island dressing, recipe on page 23

Caramelized Onions:

- 1 jumbo OR 2 large yellow onions, diced
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup fat free beef broth, or water (I recommend the broth)
- 1 Tbsp apple cider vinegar

Additional Ingredients:

- Classic yellow mustard
- Iceberg lettuce. No whining about it not being fancy. YOU HAVE TO USE ICEBERG LETTUCE!! No arguing.
- 4 slices of low point American cheese (any brand that's 1 point for the first slice. I used Velveeta original in this recipe).
- 4 Tomato slices
- Dill pickle slices

Directions:

- 1 Mix together the ground meat, set aside. Make a half batch of my Thousand Island dressing, set aside.



- 2 (A) Dice your onions, making sure they are diced small. You don't want big giant chunks. Look at the picture. (B) Heat a pan over medium heat, spray with cooking spray, then add the onions, salt and pepper. Cook for 5 minutes, till the onions begin to sweat. (C) Pour the broth (or water) and vinegar into the pan, stir, then cover. Reduce heat to just under medium. (D) Cook, covered, for 15 minutes. Every few minutes remove the lid and stir the onions. If it looks like all the liquid is gone, add another Tablespoon of broth/ water, then replace the lid. After 15 minutes, the onions should be nice and caramelized. Keep the lid on, remove pan from heat and set aside.



3 (A) Form the meat into 4 even patties, these are supposed to be thin patties. After they are formed, press down on them, to make them thinner and wider. Trust me. (B) Spread a small amount of yellow mustard across the top of each patty, then start heating up a large pan over medium heat. (C) Use cooking spray to cook the patties, mustard side down, for 2.5 minutes over medium heat. Flip the patties and spread more mustard onto the new top (raw) side. (D) After 2.5 minutes have passed, flip the patties (mustard-side down again) and place 1 slice of cheese on top. Pour a little water into the hot pan and cover with a lid, to melt the cheese. Done.

4 To assemble the burgers, first toast the buns, then (A) smear 2 Tbsp of thousand island onto the bun, followed by 4 or 5 dill pickle slices. (B) Next comes the sliced tomato, then a good amount of iceberg lettuce. Remember... this is a messy burger. (C) Place a cheeseburger patty on top of the lettuce, then a healthy scoop of caramelized onions. (D) Lastly, spread 1 more dollop of dressing on the top bun. Done.

5. In case you're wondering why the recipe makes 4 burgers, but you only see 3 patties in these pictures... That's not a mistake. One was sacrificed as my wife's dinner, before I took pictures. 🍔😅

NOTES & SUGGESTIONS:

- **CHEESE:** Use any brand of "LOW POINT" sliced cheese you want. I used Velveeta Originals, because they are 1 point for 1 slice, 3 points for 2 and most people have access to them. Use whatever low point brand you can find and adjust your points. If you can find Borden's Fat Free Cheddar Slices, those are 4 slices for 3 points.
- **'DOUBLE DOUBLE' ANIMAL:** Ok, you need to make this. The fabled In-n-Out Double Double Animal. It's the exact same process as this cheeseburger, but you're making a double cheeseburger. Add 1 more patty with cheese on top of the first patty, then place the onions on top. Look for pics on google for reference, if needed... and adjust your points.
- **ANIMAL STYLE:** Animal Style is an off-menu request, to have mustard fried onto the patties, as well as topping the burger with caramelized onions and extra sauce. A regular In-N-Out cheeseburger has none of that, it's a plain cheeseburger with a slice of raw onion on top of the tomato, no mustard on the patties, no caramelized onions and no extra dressing.

