

The Olympic Ring Burger: A Celebration of Flavor and Color!

Here's what you'll need to create your medal-worthy Olympic Ring Burgers:



TIME
4-5 min

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INGREDIENTS

1 lb ground beef (80/20 lean-to-fat ratio is great for juicy burgers)
Salt and pepper to taste
6 hamburger buns (sesame seed buns add a classic touch!)
6 slices of cheddar cheese
1 red bell pepper
1 yellow bell pepper
1 green bell pepper
1 large onion
Olive oil (for brushing vegetables)
Ketchup and mustard for serving

DIRECTIONS

- 1.** Prepare for : Grilling: Preheat your grill or stovetop grill pan over medium-high heat. You want it hot enough to get a good sear on the burgers and vegetables.
- 2.** Form and : Season Patties: Divide the 1 lb ground beef into 6 equal portions. Gently shape each portion into a burger patty, about 1/2-inch thick. Create a small indentation in the center of each patty with your thumb to help prevent them from bulging while cooking. Season both sides of each patty generously with salt and pepper.
- 3.** Grill the : Burgers: Place the seasoned burger patties on the preheated grill. Grill for about 4-5 minutes per side for medium-rare to medium doneness, or adjust the cooking time to reach your desired level of doneness.
- 4.** Prepare and : Grill Veggie Rings: While the burgers are cooking, slice the red, yellow, and green bell peppers horizontally into rings, removing the seeds and core. Slice the onion into rings as well. Brush all the bell pepper and onion rings lightly with olive oil. Place them on the grill alongside the burgers (or after the burgers if space is limited). Grill for a few minutes on each side until they are slightly charred, tender-crisp, and have visible grill marks.
- 5.** Melt the : Cheese: Once the burgers are cooked to your liking, place a slice of cheddar cheese on top of each hot patty and allow it to melt from the residual heat (you can close the grill lid for a minute to speed this up).
- 6.** Toast the : Buns: Place the hamburger buns cut-side down on the grill for about 1-2 minutes until they are

lightly toasted and slightly crispy.

7. Assemble the : Olympic Ring Burger: To assemble your vibrant burger, spread your desired condiments (like ketchup or mustard) on the bottom half of each toasted bun. Place a cheesy burger patty on top.
8. Now, for the "Olympic rings"! Artfully layer a red bell pepper ring, a yellow bell pepper ring, a green bell pepper ring, and an onion ring on top of the burger patty. Try to stack them so their colors pop!
9. Place the top half of the bun on your stacked creation.
10. Serve: Serve the Olympic Ring Burgers hot and enjoy your festive and delicious burger that celebrates the spirit of the games!

SWAPS & NOTES

Ground Beef: You can easily swap ground beef for ground turkey, chicken, or even a blend of beef and pork.

For a vegetarian option, large veggie burger patties would work well as the base.

Cheese: While cheddar is a classic choice for burgers, feel free to use American, provolone, Monterey Jack, or even Swiss cheese.

Bell Peppers: Using red, yellow, and green bell peppers gives you that beautiful Olympic ring color palette.

TIPS FOR SUCCESS

Even Patty Thickness: Ensure all burger patties are of similar thickness for uniform cooking.

Don't Press Patties: Avoid pressing down on the burgers with your spatula while grilling, as this squeezes out valuable juices and can lead to dry burgers.

Grill Marks: For beautiful grill marks on both burgers and veggies, ensure your grill is hot and don't move them too soon after

placing them down.

Variety of Ring Sizes: Choose pepper rings that vary slightly in size so they can nest within each other for a more distinct "ring" effect.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-olympic-ring-burger-a-celebration-of-flavor-and-color/>