

DINNER

My Mom's Baja Burger

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	20 min	30 min	8	\$1.47	409 kcal



My Mom's Baja Burger is an American recipe that serves 8. This main course has 409 calories, 23g of protein, and 29g of fat per serving. For \$1.47 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. This recipe from Allrecipes has 9 fans.

Ingredients

- ☐ 6 inch French bread rolls, split in half lengthwise
- ☐ 28 ounce tomato sauce
canned
- ☐ ½ teaspoon chili powder
- ☐ 1 cup corn chips (such as Fritos®, crushed
- ☐ ½ teaspoon garlic salt
- ☐ 2 pounds ground beef
- ☐ 8 servings salt and ground black pepper to taste
- ☐ ½ onion, chopped
- ☐ ½ cup shredded Cheddar cheese

EQUIPMENT Bowl, Frying pan, Ladle

Method

- 1

Mix the ground beef and crushed corn chips; form into 8 oblong patties; season with salt and pepper. In a small bowl, mix together the tomato sauce, onion, garlic salt, and chili powder.
- 2

Heat a large skillet over medium-high heat.
- 3

Cook the patties in the hot skillet 4 to 5 minutes; flip and cook an additional 4 minutes.
- 4

Pour the tomato sauce mixture into the skillet as the burgers finish cooking; simmer for another 4 to 5 minutes. Top each burger with Cheddar cheese and allow to melt.
- 5

Place burgers on bread and ladle sauce on the patties before closing each sandwich.

Nutrition per serving			
	409	23 g	29 g
	KCAL	PROTEIN	FAT
Saturated Fat			10.6 g · 66% of daily needs
Fibre			2.2 g · 9% of daily needs
Sugar			4 g · 4% of daily needs
Sodium			806 mg · 35% of daily needs
Cholesterol			87.6 mg · 29% of daily needs
Vitamin C			7.5 mg · 9% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/my-moms-baja-burger-148363](https://www.whatsheate.com/my-moms-baja-burger-148363)