



Refill with water  
after every  
steaming session



1

## Add 4 Cups Of Water

In a 10+ inch frying pan, add 4 cups (2 full glasses) of water into pan

2

## Insert Base Unit

Insert base unit into pan

3

## Pack Steaming Trays

Pack 1-3 steaming trays with quality lean ground beef and 1 tray with cheese

4

## Turn Burner To High

Turn burner to high and place lid on pan (adjust heat as needed) Wait for water to come to a boil

Set Timer



5

## Insert Trays with Meat

Insert steaming trays into pan, on the base unit. Cover pan with lid and let steam for 20 minutes

6

## Drain Burger

Every 5+ minutes use a mini spatula to gently press down on meat to release fat and grease, then tip tray



Use mini spatula  
to move & tip  
trays

7

## Insert Tray With Cheese

10 minutes prior to the end of the 20 minutes, insert the steaming tray with cheese and let steam (with lid) till melted

8

## Enjoy

Remove all trays using a mini spatula (caution hot). prepare your steamed cheeseburger, add condiments, toppings and of course cheese. Enjoy!

# Carnivore Recipe

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