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Peanut Butter Burgers

- * 1 1/2 lb ground beef
- * salt and pepper to taste
- * 1/4 cup smooth peanut butter
- * 1 tablespoon garlic minced
- * 2 tablespoon softened butter
- * add a few shakes of cajun seasoning

Set up BBQ or broiler. Mix ingredients, shape patties and refrigerate at least two hours. Grill until done the way you like it.

Peanut Butter Sauce for Topping

- * 2 tablespoons peanut butter
- * 2 teaspoons low-sodium soy sauce
- * 1 1/2 teaspoons dark sesame oil
- * 1 teaspoon water
- * 1 teaspoon rice vinegar
- * 1 garlic clove, minced

To prepare sauce, combine first 6 ingredients, stirring with a whisk until smooth.