

Onion & Cheddar Burgers



PREPARATION TIME

10 minutes



COOKING TIME

10 minutes



PERFECT PARTNER

potato skins



Lean ground beef contains less fat but it can produce dry burgers. To help retain some of the moistness, add 1 tablespoon cold water to each pound of ground beef before cooking.

SHOPPING LIST

- ground beef • buns
- Cheddar cheese

ON HAND

- egg • salt • ketchup • pepper
- Worcestershire sauce
- onion • dried oregano

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INGREDIENTS

- 2 pounds ground beef
- 1 egg, beaten
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon dried oregano
- 1/2 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 cup chopped onion (1 medium onion)
- 3/4 cup shredded Cheddar cheese
- 6 hamburger buns

SERVES 6

COOKIN' *Express*

• Overhandling ground beef results in tougher hamburgers. For juicy burgers, only turn once and don't press or flatten them with the spatula.

Make Ahead

Prepare the beef mixture and shape into patties 2 days ahead. Stack the patties between waxed paper and store in an airtight container in the refrigerator.

♦ VARIATION

For an extra-robust Italian twist, substitute 3/4 cup grated Parmesan cheese for the Cheddar cheese.

1 Combine beef, egg, salt, pepper, oregano, ketchup and Worcestershire sauce in a bowl; mix well. Add onion; mix well.



2 Add Cheddar to bowl; mix well but do not overmix. Cheese should retain its shape.

3 Shape beef mixture into 6 thick patties using a hamburger press. Preheat broiler.



4 Place hamburgers on broiler pan. Broil, turning once, until cooked through, about 5 minutes per side. Toast cut sides of buns under broiler. Place patties on buns.