

HAMBURGER STEAKS WITH SEET ONION AND MUSHROOMS

1 pound 93% lean ground beef
2 tablespoons plus 2 ¼ teaspoons olive oil, divided California – Arbequina olive oil
2 teaspoons Worcestershire sauce
¾ teaspoon salt, divided
¾ teaspoon black pepper, divided
½ cup finely chopped sweet onion
8 ounces cremini mushrooms, sliced
1½ teaspoons all-purpose flour
½ cup unsalted beef stock
1 ounce Gruyere cheese, shredded (about ¼ cup).

1. Combine beef, 2 ¼ teaspoons oil, Worcestershire, ½ teaspoon salt, and ½ teaspoon pepper in a bowl; mix with hands, divide into 4 portions, shaping each into a 4 inch patty.
2. Heat a skillet over medium –high heat. Add 1 tablespoon oil to pan. Add patties to pan; cook 3 minutes on each side. Remove patties from pan. Add remaining 1 tablespoon oil to pan; swirl to coat. Add onion and mushrooms to pan; cook 6 minutes or until mushrooms brown. Sprinkle with flour, remaining ¼ teaspoon of salt, and remaining ¼ teaspoon pepper; cook 2 minutes. Add stock to pan; cook 1 minute or until thickened and slightly reduced, stirring frequently. Return patties to pan and spoon onion mixture over patties. Sprinkle evenly with cheese, cover; cook 3 minutes or until cheese melts.

Serves 4

Serve these cheesy patties with a simple spinach salad.

A Toast to All Things adaption from Cooking Light.