

FRIED ONION CHEESEBURGERS

(Adapted from "Cook It In Cast Iron")

Serves: 4

1	onion
1 tsp	salt
½ tsp	pepper
12 oz	lean ground beef *
1 Tbsp	unsalted butter
1 tsp	vegetable oil
4 slices	cheese slices
4	hamburger buns, toasted



1. Combine onion and salt in colander and let sit for 30 minutes, tossing onion occasionally. Transfer to clean dish towel, gather edges, and squeeze onion dry.
2. Spread onion on rimmed baking sheet, sprinkle with pepper, and toss to combine. Divide onion mixture into four 2-inch mounds. Divide beef into 4 lightly packed balls. Place balls on top of onion mounds and flatten balls firmly so onion adheres and patties measure 4 inches in diameter.
3. Heat 12-inch cast iron skillet over medium heat 5 minutes. Add butter and oil and heat until butter is melted. Using spatula, place patties onion side down in skillet. Reduce heat to medium-low and cook until onion is deep golden brown and beginning to crisp around edges, 5-7 minutes.
4. Flip patties and continue to cook until lightly browned on second side, about 2 minutes longer. Place 1 slice cheese on top of each bun bottom and top each with burger and bun top. Serve.

**Note: Add seasonings to ground beef as desired (for example: southwestern seasoning, garlic powder,...)*