



The caramelized onions on these burgers add a burst of flavor and comfort that is great for these cold days. They are quite easy to make and really, really good. You will need:

1 pound ground beef

4 slices cheese - I used lite Munster cheese

1/2 of a large sweet onion, sliced

Olive oil

Salt & Pepper

4 rolls - I used the new 100 calorie sandwich rolls from Orowheat to save some calories

Condiments - optional - we ate them as is

Pour about 2 tablespoons olive oil in a skillet. Add the onions and cook, stirring occasionally, for about 20 minutes - until nicely browned and caramelized. Set aside.

Place the beef in a bowl and season with salt and pepper. Divide the beef in four equal pieces and make 4 patties.

Heat a large skillet with some more olive oil. Add the burgers and cook for about 5 minutes, until the bottom is browned. Flip the patty and cook for an additional 5 to 7 minutes - until meat is cooked through. Top the patty with some caramelized onion and cover with the sliced cheese. Cook for a couple of minutes until the cheese melts.

Serve the burgers on a roll with extra onions on top. Enjoy!

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