

All-American Hamburger

INGREDIENTS:

- 1 1/2 lb. Windy Acres Grass Fed Beef
- 4 thick onion slices
- 4 thick tomato slices
- 1 1/2 tablespoons fresh lemon juice
- 4 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons bottled chili sauce or catsup
- 1/3 cup ice water
- 4 large onion rolls or sesame seed hamburger buns, split

INSTRUCTIONS:

Preheat grill or heat pan on stove. In a small bowl, combine the onion and tomato slices with the lemon juice and 3 tablespoons of the olive oil. Turn to coat evenly and set aside. In a large bowl, combine the meat, salt, pepper, chili sauce and ice water. Using a fork, stir together until well mixed. Then, using your hands, form the meat mixture into 4 patties each 1 inch thick. Set aside.

Place the onion rolls or hamburger buns, cut side down, on the grill; toast until just golden, 2-3 minutes. Transfer buns to individual plates, cut side up, and brush the remaining 1 TB olive oil lightly over the toasted buns. Grill or cook the burgers until desired doneness. Place each burger on the bottom half of the toasted bun, top with a slice each of red onion and tomato, and sprinkle with a little of the lettuce. Cover with the top bun and serve immediately.