



Smothered Cheeseburger

2 cups	-
6.5 ounces	96% lean beef-option: bison/buffalo
1.5 TBSP	onion-finely minced, plus 1/2 cup thinly sliced
1.5 TBSP	parsley, fresh-finely chopped
1/2 tsp	chili powder-
1/4 tsp	sea salt-
1 tsp	black pepper-to taste
1/2 tsp	olive oil-divided
1/2	red bell pepper-cut into strips
1 cup	mushrooms-sliced
2 pieces	Swiss or Jarlsberg cheese, reduced fat-
1	Orowheat Sandwich Thins, whole wheat-
2	Romaine lettuce-
2	tomato-sliced

In a large bowl, add beef, minced onion, parsley, chili powder, salt and pepper. Mix w/ hands until combined. Gently form beef mixture into 2 equal patties, about 1/2-3/4 inch thick. Refrigerate until ready to grill. Add oil to a medium non stick skillet and set over medium high heat. When hot, add onion and red peppers; stirring occassionally until they begin to soften, about 4-5 minutes. Add mushrooms to pepper mixture in skillet and cook for another 4-5 minutes or until soft and starting to brown. Remove mixture from skillet and season w/ salt and pepper. When ready to eat, turn on a grill to medium high and grill burgers for about 4-5 minutes on each side. When done, place one piece of cheese on each burger. To serve, layer each "bun" with one sheese topped patty, half the lettuce, tomatoes and veggie mixture ingredients. Top with other half of "bun" and enjoy with a "freebie" green salad. Serves 2.

Rating: ☆☆☆☆☆

Notes: