

Betty's Cheese and Onion Stuffed Hamburgers Recipe



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In this video, Betty demonstrates how to make her Cheese and Onion Stuffed Hamburgers. These consist of 2 thin ground beef patties with American cheese and sauteed onion sealed between them. Perfect for a casual lunch or supper!

Ingredients: (for 1 hamburger)

6 oz. lean ground beef
instant seasoned meat tenderizer, to taste (No MSG)
seasoned pepper, to taste
1/4 onion, chopped and sauteed
1/2 slice Deluxe American cheese (You may substitute another type of sliced cheese, if desired.)
1 hamburger bun (I used a wheat Kaiser roll.)
mayonnaise for dressing, if desired
lettuce leaves, if desired
tomato slices, if desired

Flatten (2) 3 oz. chunks of ground beef into a 2 large, thin hamburger patties. Use meat tenderizer and seasoned pepper, to taste, on each of the top sides. Now, on one of the top sides, place a square of American cheese (1/2 of a half-slice). On top of that place a teaspoon of sauteed onions. Repeat, by placing another square on cheese and another 1/2 teaspoon of sauteed onions on top. Now, place the other large, flat hamburger patty on top of the first patty (containing the cheese), seasoned side down. Crimp the 2 patties together around the outer edge to seal them tightly into one large stuffed hamburger patty. Grill on an outdoor or kitchen grill--or you may fry these in a skillet. Drain on a paper towel, and place on a serving plate. Serve the Cheese and Onion Stuffed Hamburger on a wheat Kaiser roll, with mayonnaise, lettuce leaves, and tomato slices for dressing. This is great with Broiled Parmesan Pearl Onions, Sweet Corn on the Cob, and Summertime Salad with Blackberries, Peaches, and Bananas! Also great for parties!