

Coleman All-American Hamburger
Robyn Nick, Coleman Natural Foods, Golden, CO

Servings: 4

Ingredients:

1 1/2 pounds Coleman Natural ground beef
4 thick onion slices (red or other sweet onion)
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
4 large lettuce leaves or shredded lettuce

Instructions:

Preheat grill.

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, and stir together until well mixed.

Form the meat mixture into 4 one-inch-thick patties and set aside.

Toast the hamburger buns until just golden, 2-3 minutes.

Transfer buns to individual plates, cut side up, and brush lightly with the remaining tablespoon of olive oil.

Grill the burgers to desired doneness.