

Grilled Hamburger Patties with Old Fashion Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: When buying ground beef, be sure to read the label and watch the fat grams. Fat is what adds flavor to the meat but too much fat is not going to add that much flavor. The more you work the meat with your hands and form into hamburger patties, the tougher they will be, so be gentle. You can cook the patties on a cast iron skillet or griddle or lay them directly on the grill. You can cook the onions on the grill in a cast iron skillet or inside in a nonstick skillet....it's your choice.



1-1/3 pound of good ground beef
1/2 teaspoon garlic salt or regular salt
Pepper to taste
2 medium yellow onions, sliced thin
1/2 teaspoon salt and dash of pepper
1 Tablespoon olive or canola oil
6 tablespoons reduce fat mayonnaise
2 tablespoons prepared yellow mustard
2 tablespoons ketchup
Optional: 2 tablespoons dill pickle relish

Heat the grill to medium or about 350 degree F. If you are cooking them on a cast iron griddle or skillet, put on the grill to it can get hot. While the grill is heating you can start the recipe.

Divide the meat into 4 patties and gently shape them into round patties about 1 inch thick. Lay them on a platter and sprinkle with garlic salt. Let them sit at room temperature while you are waiting on the grill. If the meat is at room temperature when they go on the grill they will cook more evenly.

Determine if you are cooking the onions outdoors or inside and locate the appropriate pan. Smear the oil around in the pan and add onions as you slice them. Sprinkle with salt and pepper.

If the grill is ready you can put the onions and hamburger patties on at the same time. They should both take about the same time to cook. Or you can start the onions now if cooking inside. Turn the heat to medium and let the onions cook for about 8 minutes. Stir occasionally and reduce the heat slightly if you need to until they are opaque and start to turn brown. Remove from the heat and cover to keep warm.

Cook the hamburgers about 4 minutes on one side and don't move them, even though it is tempting. Turn them over and cook for another 4-5 minutes or until the center is done to your liking.

To prepare the sauce, mix the mayonnaise, mustard and ketchup together and add the option pickles. Stir well and transfer to a serving container.

Enjoy!