

Blue Cheese Burgers

Ingredients:

1/2 pounds ground sirloin (beef)
1/2 pounds ground chuck (beef)
1 tablespoon Worcestershire sauce
1/2 teaspoon freshly ground black pepper
1/8 teaspoon Kosher salt
3/4 teaspoon dried minced onion, or 1 tablespoon onion, minced
1/3 cup crumbled blue cheese (approximately 2 ounces)
1 medium red onion, sliced crosswise
Olive oil and/or melted butter
1 cup fresh baby spinach
4 hamburger buns, split (I like whole wheat)
Mayo, optional

Directions:

In a bowl or large pie plate, combine the beef, Worcestershire sauce, pepper, salt, and dried onion. To take the bite out of the onion, soak the slices in ice water for 10 minutes and pat dry with paper towels. On waxed paper, shape into 8 thin 4 inch diameter patties. Place 1 tablespoon of the blue cheese in center of four of the patties; pinch edges to seal. Brush onion slices with olive oil; sprinkle with Kosher salt.

Place burgers and onions directly over medium-high heat. Grill 3 to 5 minutes per side (depending on your grill and how you like your burgers). Burgers can also be cooked on stove top using a grill pan. Brush cut sides of buns with olive oil or melted butter. Grill, cut side down, the last minute of grilling. Serve burgers on buns with grilled onions, spinach, more cheese (if desired), and mayo (if desired). Makes 4 servings.