

## COWBOY BURGER

### Ingredients:

- (4 burgers)
- 2 pounds hamburger (15-20% lean)
- 1 sweet yellow onion
- ¾ cup (6-8 ounces) shredded cheddar cheese  
(plus more to adorn burger)
- 4 tablespoons mixed herbs \*
- 1 teaspoon salt
- 1 teaspoon white pepper



### Directions:

Heat oven to broil or prepare barbecue to a medium high heat

Peel and chop onion small bits.

Shred 6-8 ounces of cheddar cheese.

Mix together your favorite herbs. [Suggestion: 1 tablespoon dried basil, 1 tablespoon thyme, 1 tablespoon rosemary, 1 tablespoon dried parsley.] Add salt and pepper.

In medium bowl, mix hamburger, onion, cheese and spices. Mold the mixture into four thick patties. [Keep them thick in order to keep them rare to medium rare. If you desire medium to well-done, make the patties flatter.]

In an oven or on the barbecue, cook the burgers approximately 4-5 minutes on each side. Pressing on the burger with the back of a spatula will give you an idea of "doneness."

Adorn burgers with extra cheese.  
Serve with or without a bun.



**Daryl Wood Gerber**

***TASTY ~ ZESTY ~ DANGEROUS***

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