

## **Sloppy Kimburgers**

This is my way of putting a little sloppy and a whole lot of flavour into 'stealth health' burgers!

Ingredients for Sauce:

½ medium white onion, finely chopped

½ c. sliced white mushrooms

½ tsp garlic powder

¾ c. ketchup

½ c. bbq sauce

1 tsp yellow mustard

1 Tbsp Worcestershire Sauce

2 tsp brown sugar

Ingredients for burgers:

1 lb. lean ground beef

1 tsp steak seasoning

1 tsp Espresso Steak Rub (optional)

1 Tbsp Worcestershire Sauce

1 egg, beaten

1/3 c. whole ground flaxseed meal

½ c. grated cheddar cheese

½ c. grated Gruyere cheese

¼ red onion sliced

4 hamburger buns

To make sauce:

In medium sized skillet, heat 2 tsp of oil over medium high heat. Add onion and mushrooms. Saute until onions soft and mushrooms are golden. Add garlic powder.

In a small bowl, combine ketchup, bbq sauce, yellow mustard, Worcestershire sauce and brown sugar. Pour over onion and mushrooms and bring to a low boil. Reduce heat to low and continue to simmer while preparing hamburgers.

To make hamburgers:

In a large bowl, combine lean ground beef, steak seasoning, Espresso Steak Rub (if using), Worcestershire Sauce, beaten egg and whole ground flaxseed meal. Using hands, combine all ingredients together and form 4 equal sized hamburger patties.

Heat a large skillet over medium high heat. Add formed hamburger patties and sear for 3-4 minutes. Flip patties, and sear for another 3-4 minutes. Flip patties again and reduce heat to medium. Add sliced onions into skillet and saute for 2-3 minutes. Flip hamburger patties again and continue cooking while preparing hamburger buns.

Preheat oven to 375 degrees Fahrenheit. Place opened hamburger buns onto a baking rack on a baking sheet. Toast in preheated oven for approximately 5 minutes until lightly toasted. (You'll want the buns slightly crisp because sauce could make burgers soggy otherwise). When buns toasted, spoon a small amount of sauce on bottom half of hamburger bun. Top with sautéed onions. Place cooked hamburger patty on top of onions. Spoon a little more sauce on top half of bun and sprinkled grated cheese over hamburger patty and top bun. With hamburgers still open-faced, return to oven and heat just until cheese melts, about 2-3 minutes.

Remove from oven, close hamburger buns, serve and enjoy!