



Bacon, Cheddar & Grilled Onion Topped Burgers

Prep: 20 minutes

Grill: 28 minutes • Serves: 4

- 4 slices smoked bacon
- 1½ pounds ground chuck
- ¾ plus ⅛ teaspoon salt
- ¾ plus ⅛ teaspoon ground black pepper
- 1 small red onion, sliced into ¼-inch-thick rings
- 1 tablespoon olive oil
- 4 (1-ounce) slices sharp Cheddar cheese
- 4 burger buns
- ¼ cup mayonnaise
- 4 green leaf lettuce leaves
- 8 slices tomato
- ¼ cup coarse ground mustard

1. Prepare outdoor grill for direct grilling over medium heat.
2. In large skillet, cook bacon over medium heat 12 minutes or until crisp, turning occasionally. Transfer bacon to paper towel-lined plate to cool; cut slices crosswise in half.
3. In large bowl, gently mix ground chuck, ¾ teaspoon each salt and pepper until well blended but not overmixed. Form mixture into four ½-inch-thick patties.
4. In medium bowl, toss onion, oil and remaining ⅛ teaspoon each salt and pepper. Place 12 x 16-inch sheet aluminum foil on work surface; place onion in center of foil. Bring top and bottom of foil sheet together over onion; crimp together and fold down over onion. Double fold both ends of packet toward onion.
5. Place onion packet on hot grill rack; cover and cook 20 minutes. Place burgers on hot grill rack; cover and cook 8 to 10 minutes longer or until internal temperature of burgers reaches 160°, turning once. About 2 minutes before burgers are done, top burgers with bacon and cheese, and place buns, cut side down, on hot grill rack; cook 2 minutes or until cheese is melted and buns are toasted.
6. Spread bottom halves of buns with mayonnaise; top with lettuce, tomato, burgers, onions, mustard and top buns.

Approximate nutritional values per serving:

587 Calories, 34g Fat (11g Saturated), 103mg Cholesterol, 1562mg Sodium, 27g Carbohydrates, 2g Fiber, 39g Protein

Helpful tips:

- > Be gentle when mixing the ground chuck with the seasoning. Overmixing can make the burgers dry and tough.
- > To prevent the burgers from bulging in the center during cooking, press down in the center of each patty with a thumb to create a depression.
- > Use a spatula rather than tongs to flip the burgers to prevent releasing the tasty juices from the burgers and drying them out.