



# Southern-Style Hamburger Steaks

Makes: 4 servings

Prep Time: 15 minutes Cook Time: 15 minutes

Total Time: 30 minutes

## Hamburger Steaks:

- 1 & 1/2 lbs ground beef (preferably 80/20)
- 2 tbsp extra virgin olive oil
- Kosher salt
- black pepper

## Mushroom & Onion Gravy:

- 2 tbsp ghee or olive oil
- 2 cups yellow onion, thinly sliced about 1 large onion
- 1 tsp kosher salt
- 1/2 tsp freshly cracked black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cajun seasoning or more to taste
- 1/2 tsp dried thyme
- 1 & 1/2 cups baby bella mushrooms, thinly sliced about 5 mushrooms
- 2 tsp arrowroot starch
- 1 cup beef broth
- 2 tbsp coconut aminos
- 2 tsp yellow mustard
- 2 tsp apple cider vinegar
- 1 tbsp freshly chopped parsley for serving

## For the Hamburger Steaks:

Gently form ground beef into 4 even hamburger patties, being careful not to overwork the meat. Heat a large skillet over medium high heat and add olive oil. Immediately before cooking, generously season the patties with kosher salt and pepper on both sides. Cook burger on one side until a deep brown crust forms, about 3 minutes. Flip burgers and cook until burger is cooked to your desired doneness. I do mine for 3 to 4 more minutes for medium (pink in the center). Transfer cooked burgers to a plate and set aside.

### For the Mushroom and Onion Gravy:

Once the burgers are cooked, reduce heat in the same skillet to medium and add ghee to melt. Once ghee is melted, add onions and cook, stirring, until tender, about 4 minutes and scraping up any brown bits in the bottom of the skillet. Season with salt, pepper, garlic powder, onion powder, cajun seasoning and dried thyme. When the onions are very tender, add the mushrooms and stir to combine and cook, stirring, for about 2 more minutes to develop some flavor on the mushrooms. Add arrowroot starch and stir until well-combined into the onion mixture. Reduce heat to a simmer and add the beef broth, coconut aminos, yellow mustard, apple cider vinegar and continue to cook, stirring, until the sauce thickens and all flavors are combined, 4 to 5 more minutes.

Return the hamburger steaks to the skillet and ladle gravy over the burgers. Top with parsley and serve.

*Recipe from The Defined Dish*