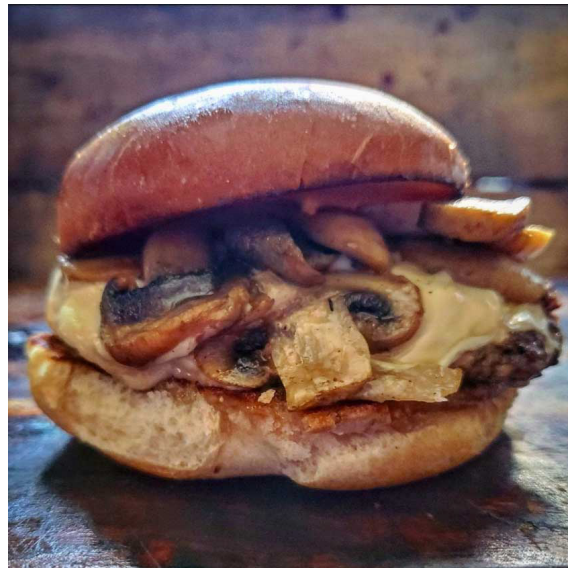


MUSHROOM SWISS SMASH BURGERS

Pre Time: 10 minutes
Cook Time: 20 minutes
Total time: 30 minutes
Yield: 2-4 Servings

INGREDIENTS:

- 1 pound Felton Angus Beef ground beef
- 2 Tablespoons avocado oil
- 2 Tablespoons butter
- Salt and pepper + your favorite beef rub
- 1 onion, sliced
- 4 slices swiss cheese
- 8 ounces mushrooms, sliced
- 4 hamburger buns



DIRECTIONS:

1. Divide ground beef into 4 even portions. Loosely form into balls with your hands (do not overwork or smash into patties with your hands). Place in refrigerator until ready to cook.
2. Heat griddle or large cast iron skillet over medium low heat with 1 Tablespoon avocado oil and 1 Tablespoon butter.
3. Add onions, stirring occasionally until translucent 2-3 minutes.
4. Add mushrooms, season with salt and pepper and stir to combine with onions. Sauté for an additional 2 minutes. Remove from heat of skillet or turn one side of big griddle off and push mushroom and onion mixture to offside.
5. Butter both sides of buns and place face down in skillet or on griddle. Cook until browned and toasty. Set aside or push to offside of big griddle.
6. Increase heat to medium to medium-high. Get it hot! Heat 1 Tablespoon avocado oil and 1 Tablespoon butter. Place 2-4 ground beef balls into hot skillet (all 4 if using a bigger skillet or griddle).
7. Using a heavy, flat spatula (or grill press), smash the burgers very flat.
8. Season with salt & pepper. Cook undisturbed until edges are browned, 2-3 minutes.
9. Flip patties. Cook 1 minute.
10. Add mushroom and onion mixture to each smashed burger patty. Top with cheese. Cook until cheese melts and to desired doneness (1 minute for medium-rare).
11. Place mushroom swiss burgers on buns in single or double stacks.
12. Serve with fries and a side salad.



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