

## **Bun-less Cowboy Burger**

Nothing like football season to make one want a juicy grilled burger! Burgers can be enjoyed post weight loss surgery, just choice lean meats and kick the bun to the side. This burger recipe from [www.foodcoach.me](http://www.foodcoach.me) is full of flavor. So fire up the grill and watch your favorite team this fall!

### Ingredients:

- 1 large onion, cut into slices
- 3 tbsp steak sauce
- 1 to 1 1/2 lbs 93% lean ground beef
- salt & pepper
- 4 slices reduced-fat cheddar cheese
- 2 roma tomatoes

### Preparation:

1. Heat a nonstick skillet to medium high heat. Add sliced onions and cook on high for about 5 minutes. Turn the heat to medium low for another 5 minutes. Add steak sauce and stir. Let simmer until ready to use.
2. Form the ground beef into 4 patties and season each side with salt and pepper. Preheat outdoor grill or grill pan on stovetop. Cook burgers about 5 minutes per side. Add cheese on the patties when there is one minute left to cook.
3. Top cheeseburger patties with onions and tomatoes.