



## Cheddar Burger with Sautéed Mushrooms and Onions



**3.7g**  
Net Carbs

### INGREDIENTS

- 2 tbsps chopped Onions
- 6 ozs Ground Beef (80% Lean / 20% Fat)
- 1 tsp Extra Virgin Olive Oil
- 1 slice (1 oz) Cheddar Cheese
- 4 whole Mushroom Pieces and Stems

### DIRECTIONS

1. Grill burger to desired degree of doneness.
2. Meanwhile, sauté mushrooms and onions in a skillet with 1 teaspoon of virgin olive oil until soft and onions are tender.
3. To serve, place burger on plate, top with onions and mushrooms and then cheese.