

## **Sirloin Burgers with BBQ Caramelized Onions and Cheddar**

**Serves 4**

1 Tbsp. canola oil  
1 large vidalia onion, sliced  
1 tsp. honey  
1/3 cup barbecue sauce  
1 to 1.25 lbs. ground sirloin  
1 tsp. salt  
1/2 tsp. pepper  
1.5 tsp. Worcestershire sauce  
4 slices sharp cheddar cheese  
4 toasted buns

In a heavy-bottomed skillet over medium-high heat, add the oil. Once hot, stir in the onions and cook, stirring frequently for about 5 minutes. Add a pinch of salt, reduce the heat to medium, and continue cooking until the onions are a dark golden brown, about 20-25 minutes longer. Stir in the honey and cook an additional minute or so before adding the barbecue sauce.

Meanwhile, lightly mix together the sirloin, salt, pepper, and Worcestershire. Form the mixture into four patties. Grill, broil, or pan-fry (I cooked them stove-top, in a cast iron skillet) until done to your liking. Add the cheese and cover the pan or grill, just to melt. Top the burgers with the onions and serve on buns with your desired garnishes.