

How to Make the Perfect Oklahoma Onion Burger with Nutrafoods Grass-Fed Beef

If you've never had an Oklahoma Onion Burger, you're in for a treat. This classic burger style is all about the onions, which are cooked right into the patty to create a flavourful crust.

With Nutrafoods grass-fed beef and a few simple ingredients, you can make this delicious burger at home.

Ingredients for Oklahoma Onion Burger:

- 1 lb [Nutrafoods grass-fed ground beef](#)
- 4 slices American cheese
- 1 onion, sliced thin (use a mandolin for best results)
- Sliced pickles
- Mustard
- Salt and pepper to taste
- 4 burger buns, toasted



Prep & Directions for Oklahoma Onion Burger:

1. Heat a flat-top griddle or a cast iron frying pan over medium-high heat.
2. Season the ground beef with salt and pepper, then divide it into 4 equal portions and shape each portion into a ball.
3. Place one ball of meat in the hot pan and top it with a handful of sliced onions.
4. Use a spatula to smash down on the ball of meat and onions, creating a thin patty with a layer of onions on top.
5. Cook for 1-2 minutes, then flip the patty over and cook for an additional minute.
6. Add a slice of American cheese to each patty, then remove from the pan and place on a toasted burger bun.
7. Top each burger with sliced pickles and mustard, and enjoy!

Oklahoma Onion Burger Pro Tip:

Be sure to use a flat-top griddle or a cast iron frying pan to get the best results. Don't be afraid to really smash down on the meat and onions to create a thin patty with a crispy crust.

Toast the burger buns for a few seconds on the griddle or in a toaster oven to give them a bit of crunch.





Final Thoughts: Oklahoma Onion Burger

There you have it – the perfect Oklahoma Onion Burger made with [Nutrafarms grass-fed beef](#). With just a few simple ingredients and some know-how, you can create a delicious and unique burger at home.

So what are you waiting for? Fire up that griddle and let's get cooking!