Burger Steaks

1 pound 90% lean ground beef

1/4 teaspoon salt

1/4 teaspoon pepper

1 1/2 teaspoons oil

1/2 cup red onion, chopped

1 1/2 teaspoons fresh rosemary, chopped

8 ounces sliced cremini mushrooms

1/4 cup water

1 cup chicken stock

1 Tablespoon flour

Shape beef into 4 patties. Sprinkle with salt and pepper.

Coat skillet with cooking spray. Add patties to pan and cook 3 minutes on each side. Remove from pan.

Add oil to pan. Add onion, rosemary and mushrooms. Cook 5 minutes.

Add water. Scrape browned bits from the bottom of the pan.

Stir together stock and flour.

Add to mushroom mixture and bring to a boil.

​Add patties and cook until cooked through.