Beef Patties with Onions & Peppers

4 servings

1 lb lean ground meat
2 onions, 1 chopped and 1 sliced
2 tsp minced garlic (about 2 cloves)
1/2 tsp salt (optional)
1 green pepper, seeded and sliced
1/2 cup sliced mushrooms (optional)
2 Tbs oil
1 Tbs water

1. Mix ground meat, chopped onion, garlic and salt. Form into 4 large or 8 small patties.
2. Heat oil in a large non-stick pan. Add patties and cook on both sides until browned.
3. Cover patties with sliced onions, peppers and mushrooms. Sprinkle in 1 Tbs water; cover pan and reduce heat to very low. Cook for 20-30 minutes.
4. When onions are turning golden brown, remove the pan from the heat.