

French Onion Soup Burgers: A Cheesy, Melty Masterpiece

1 lb ground beef (80/20 is great for flavor)



TIME
20-25 min

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INGREDIENTS

For the Burgers & Onions: 1 lb ground beef (80/20 is great for flavor)

2 large onions, thinly sliced

2 tablespoons butter

1 teaspoon sugar

1/2 cup beef broth

2 tablespoons Worcestershire sauce

1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried)

Salt and black pepper to taste

For Assembly: 4 slices of Gruyère or Swiss cheese

4 hamburger buns

1 clove garlic, minced (optional for garlic butter buns)

Additional butter for the buns

DIRECTIONS

- 1. Caramelize the Onions:** In a large skillet, melt the butter over medium heat. Add the thinly sliced onions and sugar. Cook, stirring occasionally, for 20-25 minutes. The key is patience here-let them slowly turn a deep, golden brown. If they start to stick, deglaze the pan with a splash of beef broth.
- 2. Season and Cook the Patties:** While the onions are caramelizing, gently mix the ground beef with the Worcestershire sauce, a good pinch of salt, and black pepper. Form into 4 equal patties, being careful not to overwork the meat. Cook the patties in a separate skillet or on a grill to your desired doneness.
- 3. Finish the Onions:** Once the onions are deeply caramelized, stir in the beef broth and fresh thyme. Cook for a few more minutes until the broth has reduced and coated the onions. This step intensifies their flavor and makes them perfect for topping the burgers.
- 4. Toast the Buns:** If you want to make garlic butter buns, mix some softened butter with minced garlic and spread it on the cut side of your buns. Toast them on a griddle or under the broiler until golden.
- 5. Assemble and Broil:** Place the cooked burger patties on the bottom halves of the toasted buns. Top each patty with a generous pile of the caramelized onions and a slice of cheese. Place the burgers on a baking sheet and broil for 1-2 minutes, or until the cheese is melted and bubbly.
- 6. Serve:** Carefully remove the burgers from the oven, place the top buns on, and serve immediately. Prepare to get messy-in the best way possible!

SWAPS & NOTES

Cheese: Gruyère is the traditional choice and gives you that signature French onion soup flavor, but Swiss cheese is a fantastic and more accessible alternative.

Provolone or even a sharp white cheddar would also be delicious.

Beef: I recommend using a ground beef with a higher fat content, like 80/20.

The extra fat keeps the patties juicy and flavorful as they cook.

TIPS FOR SUCCESS

Patience is Key: The most important part of this recipe is caramelizing the onions.

Low and slow is the secret to getting that deep, sweet flavor.

Don't Overmix the Meat: For juicy burgers, handle the ground beef as little as possible when forming the patties.

Overworking the meat can result in a tough, dense burger.

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