

Beef with Tomato and Olives

½ medium onion sliced thin
2 tablespoons olive oil
2 garlic cloves sliced thin
2/3 cup tomatoes, coarsely chopped
(fresh, ripe or canned)
Oregano (1/2 tsp. fresh or ¼ tsp. dried)

Salt
Black pepper
1 dozen black, Greek olives
(pitted and quartered)
Vegetable oil
1 pound grass-fed ground beef
(formed into 4 patties)

1. Cook the sliced onion and olive oil in a sauté pan, over medium low heat, and cook until the onion becomes colored a pale gold. Then add the garlic, cook until it becomes very lightly colored a pale gold. Add the tomatoes (with their juice) and the oregano. Stir thoroughly to coat well. Reduce the heat so that the tomatoes cook at a steady simmer. Cook until the oil floats free of the tomatoes (about 15 minutes.) Add salt, a few grindings of pepper, and the olives, stir thoroughly, and cook for 1 more minute. Ahead of time note: The recipe can be completed up to this point several hours or even a day in advance. Stop short of putting in the olives, adding them only after reheating the sauce.
2. Preheat an oven to 350 degrees. Heat a heavy skillet, preferably cast iron, until it is hot. Brown the patties 2 to 3 minutes on each side. Place the skillet in the oven and finish to desired cooking temperature (10-15 minutes for well done.)
3. Transfer the meat to warm plates and spoon the sauce along side. Serves 4.