

Loose Meat Sandwiches

- 1 1/2 lbs. ground beef
- 1 medium onion, very finely minced
- o(This is important: a fine chop won't do. but don't be tempted to use a food processor or you'll end up with a watery mess.)
- 1 Tbsp. prepared mustard
- 1/2 cup water
- 1 Tbsp. Worcestershire Sauce
- 1/4 tsp. Kosher salt

Place the beef and onion in a 4-quart saucepan over medium heat. Cook until the beef is completely cooked through but not browning, 8 to 9 minutes, constantly mashing the beef with a potato masher in order to break the pieces into the smallest possible. Add the remaining ingredients and continue to simmer for another 15 minutes. Remove from the heat. Using a hand mixer, mix for another 2 to 3 minutes on high. Serve on hamburger buns with ketchup, mustard, cheese and pickles.

Note: All the sandwiches I've had used Cheez Whiz as the cheese. I mean the cheese food product. If you want authentic, I highly recommend it.