

Beef Burgers

7 ingredients · 30 minutes · 4 servings



Directions

1. Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
2. Preheat grill to medium heat.
3. Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
4. Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size

One serving is equal to two sliders.

More Carbs

Serve on a gluten free or sprouted grain bun, both can be found at the super store in the health food section in the freezer

Topping Ideas

Mustard, cheese, pickles, tomato, lettuce, onion, avocado

Leftovers

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tsp Oregano (dried)
- 3/4 tsp Sea Salt
- 2 cups Kale Leaves (very finely chopped)
- 2 cups Broccoli (very finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Boston Lettuce