

Recipe Name Deborah's Grass Fed Beef Burgers

Ingredients

- 1.5lbs. Grass Fed Ground Beef (substitute your favorite ground beef)
- 4 baby carrots
- 1 baby bella mushroom
- 3 cloves garlic
- 3 scallions
- 1 egg
- 1 Tbsp. red miso (optional)
- ¼ cup oat flour
- ¼ cup seasoning mix (I like a BBQ seasoning like Pork Barrel BBQ)

Directions

1. In a small blender or food processor, pulse carrots, mushroom, garlic, and scallions until finely chopped. You can add them to the ground beef like this if you don't mind colorful chunks in your burger. My son would never eat it this way so I then go on to step 2 :D
2. Add one egg and (optional) red miso to blender/food processor and puree.
3. In a large bowl, combine ground beef and puree and mix, using clean hands until combined.
4. Add oat flour and seasoning mix and mix as above until well combined.
5. Take once small piece of meat mixture (about a teaspoon worth) and cook in skillet to taste. Adjust seasoning as needed.
6. Form into 6 oz. patties using hands or a burger press. Will make 6-7 patties. If making by hand, I recommend making the center slightly concave. This will help it to cook more evenly.
7. Cook on grill, grill pan or cast-iron skillet. If cooking on grill, I like to spray patties with avocado oil or oil the grill grates to ensure that the burgers do not stick.
8. Cooking Times: I like to heat my grill on high and sear my burgers so that they get nice grill marks. I then turn the center burners off so that it cooks indirectly. If cooking in a skillet, I cook over medium heat (6/10). Always use an instant read thermometer like a Thermopen to ensure the proper temperature for your burgers.
 - a. Rare (120-125 degrees): 4-5 minutes total



RECIPE

Nutrition Facts

Serving size: burgers
Servings: 6

Amount per serving

Calories **385**

% Daily Value*

Total Fat 13.2g 17%

Saturated Fat 4.3g 22%

Cholesterol 187mg 62%

Sodium 297mg 13%

Total Carbohydrate 5.1g 2%

Dietary Fiber 0.9g 3%

Total Sugars 0.8g

Protein 60.7g

Vitamin D 3mcg 13%

Calcium 18mg 1%

Iron 5mg 30%

Potassium 75mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

- b. Medium Rare (130-135 degrees): 6-7 minutes total
- c. Medium (140-145 degrees): 8-9 minutes total