

Smoke and Herb Mushroom Beef Burgers

Ingredients:

- 1 lb. grass-fed ground beef
- 1/2 cup finely chopped mushrooms
- 1/2 cup heavy cream
- 2 tablespoons chopped yellow onion
- 1 tablespoon cola
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon Worcestershire sauce
- 2 drops rosemary essential oil
- 2 drops thyme essential oil
- olive oil for frying
- mayonaise (for garnish)
- baby arugula
- sriracha (for garnish)
- sliced red onion (for garnish)

Directions:

Mix the first 10 ingredients in a large bowl. Use your hands to really smush everything together, working the mixture for about 2 to 3 minutes. You want to make sure the essential oils get incorporated evenly.

Form the meat mixture into 4 patties. Stack them with pieces of waxed paper in between to keep them from sticking together. Heat olive oil in a 13-inch cast iron skillet over medium-high until it is beginning to smoke. Use the waxed paper to drop each patty into the skillet one at a time, you should be able to fit them all in there. After 4 minutes, flip the patties, then place a 12-inch cast iron skillet over the top of them (it should fit nicely into the 13-inch skillet). This will keep the patties flat, like a grill press, but it works for all four of them at the same time! Fry the patties for another 3 to 4 minutes. (If you don't have the right sized cast iron skillets to pull this off, just use a wide spatula and keep pressing on the meat to flatten it as it cooks.)

Scatter a small handful of arugula on a plate. Place one patty on top, then smear with a dollop of mayo. Place a second patty on top of the first, then garnish with another dollop of mayo. Sprinkle sriracha along the edge of the plate and over the meat, but use sparingly; sriracha packs a potent kick! Top with slices of red onion. Repeat with a second plate, then serve.

Goes great with pinot noir!



Christy Boston's
Kitchen

Website:

www.christybostonskitchen.com

Serves 2

Total Time: 25 mins

Prep: 15 mins

Cook: 10 mins

Nutritional Info per serving:

Cal: 800.6, Fat: 65.5g,

Protein: 53.0g, Net Carbs: 7.8g, Sugar: 6.8g

Macros:

