

Paleo Beef Burgers ~ Oven-baked!

~ from the "Peg's Lifestyle Reset ~ Culinary Nutrition Workshop" Collection

For those of us who eat meat, there are many different "ground" options available - lamb, turkey, pork, and so on - and this recipe will work for any of them. But nothing beats a freshly grilled beef burger in the summer!

Unless you've decided to ditch your grill (or it's buried in snow in the winter) in which case a baked burger is the next best thing! You can serve your burgers on a bun, or try this paleo version with lettuce wrapped around for easy handling. Choose your choice of toppings - I love them with sliced or mashed avocados and a summer fresh Peach, Tomato and Sauerkraut Salsa!

Prep Time: 15 minutes

Cook Time: 15 minutes

Serves 4

Ingredients:

For the Beef Patties:

- 16 oz ground beef
- ¼ cup chopped parsley
- 2 tsp garlic powder
- 2 tsp sea salt

For the assembled burgers:

- 4-8 lettuce leaves
- 1 avocado, sliced (optional; or mashed with lemon juice)
- 4 cooked beef patties
- ¼ c Peach, Tomato and Sauerkraut Salsa for each burger



Directions:

For the Beef Patties:

1. Preheat the oven to 420°F and place a cooling rack into a cookie sheet. This allows the air to circulate under the patties, and lets them cook more evenly.
2. Make your burger patties: Mix the ground beef with chopped parsley, garlic powder and salt to taste. Form 4 balls and then press them into patties.
3. Bake your burgers: Place the patties onto the rack and bake for about 12-14 minutes for medium-rare. Use a meat thermometer to check for doneness. Adjust timing for desired doneness.
4. Prepare Peach, Tomato and Sauerkraut Salsa while the patties are cooking.

For the assembled burgers:

1. Set the lettuce leaves onto plates. Top with avocado.
2. Top with burger patties and then Peach, Tomato and Sauerkraut Salsa.
3. Roll up for easy handheld eating.