

Better Butter Lettuce *Smash* Burger

Cook Time 20 minutes

Servings 4



Ingredients

- 1 lb. of 80/20 grass-fed and finished ground beef
- Avocado oil
- Organic havarti cheese
- Butter lettuce
- Favorite veggie toppings
- Salt
- Pepper

Instructions

1. Form ground beef in to 3-4 oz tightly packed balls.
2. Drizzle small amount of avocado oil into cast iron skillet.
3. Heat the skillet so that it is sizzling hot.
4. Add ground beef ball to sizzling hot skillet and immediately smash down flat with spatula or press. Press down with all your strength to achieve a delicious maillard reaction of a nice brown crust and distinct flavor. Cook for 1 ½ minutes.
5. Add salt and pepper to the burger patty and flip. Cook for 30 seconds.
6. Add your cheese and place a lid over the burger to help with the melting process.
7. Repeat with the remaining beef.
8. Wrap burger with butter lettuce leaves to be used as your bun and add your favorite veggies and condiments

Optional Toppings

1. Tomatoes
2. Fermented veggies
3. Mushrooms
4. Onions
5. Peppers

Gluten-free / Paleo / Keto / Low-Carb



Healthy Harmony

Inspirehealthyharmony.com