

# beef and veggie burgers

## **MAKES 8 burgers**

RECIPE ADATED FROM: [ReclaimingYesterday.com](http://ReclaimingYesterday.com)

PREP TIME: 10-15 minutes

COOK TIME: 10-12 minutes

1.5 pounds grass fed ground beef

2 medium carrots, peeled

2 medium zucchinis

1 small onion

3-4 cloves garlic

¼ cup chopped fresh parsley

½ teaspoon sea salt

Black pepper

2 tablespoons olive oil

**\*To make sweet potato rounds microwave a large sweet potato for 3-4 minutes (depending on size), and then slice it into ¼ inch thick rounds. Add to pan that you just used to cook your burgers or grill over medium high heat for 3-4 minutes per side.**



GRATE carrots, zucchini, and onion into a mixing bowl.

MINCE garlic and finely chop parsley.

HEAT 1 Tbsp oil in a medium to large skillet heat and add garlic, carrots, zucchini, salt, and pepper.

SAUTE for about 2 minutes, add parsley, and continue to cook for several more minutes until vegetables have softened.

SPOON the cooked vegetables back into the mixing bowl and let them cool down for a few minutes.

ADD the ground beef and mix to combine and form into patties.

ADD the remaining oil back to the pan and cook patties over medium high heat for 3-4 minutes each side (or grill over medium high heat for 3-4 minutes on each side), until done to your preference.

SERVE on twice cooked sweet potato rounds\* or hamburger buns.

MAKE IT A MEAL: Serve with non-starchy vegetables of choice