

Build Your Own Burger



Grass fed beef has more heart healthy omega-3 fatty acids than grain fed beef.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 700 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 33%

Protein: 21%

Fat: 46%

Make it for the whole family:

Build your own burger night can include your tubie too with this grass fed beef burger recipe that is able to be blended.

Build-Your -Own Burger

Ingredients

- 1 4-ounce burger patty, grass-fed beef, 85% lean, cooked very well (or ground turkey)
- 2 whole grain hamburger bun
- 1 slice cheddar cheese
- 1 cup romaine lettuce
- ½ cup diced tomato
- 2 tablespoons chopped vidalia onion
- 4 dill pickle chips
- 1 teaspoon ketchup
- 1 teaspoon yellow mustard
- Water (optional)

Kitchen Gear

Chef knife

Cutting board

Measuring tools:

- 1 cup
- ½ cup
- Tablespoon
- Teaspoon

Preparation

1. Cook burger patties until well done.
2. Wash and chop vegetables and arrange on a platter or baking tray.
3. Set out condiments: ketchup, mustard, etc.
4. Serve buffet style so everyone can build-their-own burger.

To blend:

1. Add all ingredients to blender in order listed, blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Tips

Try substituting 4 ounces of tofu to make this recipe vegetarian.

You could also use ground turkey or chicken as desired.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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