

Greek Burgers with Roasted Tomato Topping

This recipe is adapted from one of our community members, **Ann Musico**. She is a certified holistic health coach from NY. You can learn about her work here threedimensionalvitality.com/.

This is a delicious burger recipe and the topping can be used with other proteins such as chicken, fish, and even over eggs.

Prep Time: 20 minutes

Burger Cooking Time: Grill over medium-high heat for 4-5 minutes per side (you can always bake these at 350 degrees or sauté in a pan with avocado oil until nicely browned and cooked to your liking)

Topping Baking Time: 20-30 minutes

Serves: 4 (makes 4 patties)

Ingredients:

1 lb. [grass-fed and finished beef](#) (these can be made with any quality ground meat, even pasture-raised, organic turkey or chicken.) To keep it very traditional, grass-fed lamb is my choice.

1 organic shallot, finely minced

½ cup of organic spinach (if fresh, chop it, if frozen choose chopped, thaw and squeeze excess liquid out)

1/3 cup pureed, cooked black beans or any bean of your choice (lentils, chickpeas, or cannellini beans)

1 teaspoon vegetable stock or water (to help puree beans)

1/3 cup crumbled feta cheese (organic)

1/8 teaspoon sea salt

¼ teaspoon black pepper

½ teaspoon dried oregano

½ teaspoon dried basil

¼ teaspoon cinnamon (this is what gives it that true Greek flavor)

Tomato Topping Ingredients:

1 pint mixed grape tomatoes (organic)

½ cup Kalamata olives, pitted and sliced in half

¼ teaspoon black pepper

1/8 teaspoon sea salt

½ tablespoon avocado oil

Greek Burgers (Cont.)

Directions:

Tomato Topping: Combine all the ingredients and drizzle with avocado oil. Spread out on a baking sheet and bake at 350 degrees for 20-30 minutes or until tomatoes burst and soften.

Burgers: Combine all ingredients in a bowl making sure all ingredients are well combined with the meat.

Form into 4 generous patties and either grill over medium-high heat 4-5 minutes per side, or bake in a 350-degree oven or sauté in a pan in avocado oil until nicely browned and fully cooked inside.

Serve with tomato topping. If the tomatoes are too large simply chop the mixture up a bit.

Enjoy!

Steven Masley, MD