



Goat Cheese and Caramelized Onion Burger

INGREDIENTS

1 lb grass fed hamburger
4 oz chèvre goat cheese
1/2 onion, sliced
2 T butter or avocado oil
1 8 oz carton of blackberries
2 T water
1 T Monk Fruit
1 t xanthan gum for thickener
parsley or cilantro to top

MACROS:
Calories: 321
carbs. 4
protein. 26
fat. 22

DIRECTIONS

Divide meat into four portions, and flatten out into patties. Heat up your skillet, and cook patties on med until the juices run almost clear. Flip once, and cook until juices run completely clear and resist the urge to press the hamburger with your spatula, you will release all the juice!

Take off skillet and set aside.

Melt your butter or heat your oil in the skillet, add the onions and cook on med or low until caramelized, this will take about 15 minutes. set aside

In a small saucepan add your blackberries and 2T water and bring to a boil and cover until the blackberries are almost dissolved and look like very tender. Add your sweetener (we use Monk Fruit) and 1t of xanthan gum and stir on medium until the sauce thickens.

To assemble your burger, put 1 oz goat cheese on each patty, then 1/4 of the caramelized onions, top with the blackberry sauce, and top with parsley or cilantro.

Enjoy!