

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Bacon and Mushroom Burgers

From [www.nomnompaleo.com](http://www.nomnompaleo.com)

Serves 4-6

3/4 pound cremini mushrooms  
6 ounces bacon, frozen  
3 tablespoons lard, ghee, butter, or coconut oil  
1 1/2 pounds ground beef  
2 1/4 teaspoons kosher salt  
fresh ground black pepper

1. Mince the mushrooms. Cross-cut the frozen bacon into small pieces.
2. Heat half of the ghee in a skillet over medium heat, and sauté the mushrooms until the liquid they released has cooked off. Set aside the cooked mushrooms to cool to room temperature.
3. Pulse the frozen bacon pieces in the food processor to the consistency of ground meat. Just a few pushes should do it!
4. In a large bowl, combine the ground beef, bacon, and mushrooms, and season with salt and pepper. Using your hands, gently combine the ingredients. Be careful not to overwork the meat!
5. Divide the mixture into four portions (or more if you're making sliders), and use your hands to flatten each into 3/4-inch-thick patties.
6. Melt the remaining tablespoon of ghee in a cast iron skillet over medium heat, and fry up the patties in the hot fat, turning once. They should take about 3 minutes per side, whereas sliders should only take about 2 minutes per side. Of course, you are free to cook them as well-done as you wish. You can also grill them. If you grill them, they should take about 5-6 minutes per side.
7. Pile them with your favorite burger toppings, wrap them in lettuce leaves or roasted Portobello mushrooms, and chow down!