

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Crockpot Cheeseburgers

From www.howsweeteats.com

This is a simple recipe that can be prepared ahead of time. The recipe does call for a small amount of milk and cheese. For the milk, you can use any type you like, such as coconut milk, almond milk, or raw milk. I like to use organic, raw cheese, but if you can't find raw, at least try to use organic. You can serve this in many ways. If you want to make it grain-free, simply wrap the meat up in lettuce leaves.

Serves 6-8

3 pounds ground beef (organic, grass-fed is best)

1 Tbsp olive oil

1 sweet onion, diced

2 garlic cloves, minced

½ tsp salt

½ tsp pepper

3 Tbsp milk

3 Tbsp ketchup

3 Tbsp mustard

6 ounces organic, raw sharp cheddar cheese, cut into cubes (plus more for topping if you desire)

Buns, lettuce, tomato, and any other burger toppings you may want!

1. Heat a large skillet over medium high heat and add olive oil. Add onions, cooking for 2-3 minutes until soft, then add garlic.
2. Add in beef, salt and pepper and stir, just cooking until browned, about 4-5 minutes. Drain off any grease.
3. Add beef to a slow cooker along with milk, ketchup and mustard, stirring well. Add in cubed cheddar, mixing to coat.
4. Cover and cook for 3-4 hours on low, stirring once every 30 minutes or so, especially on the edges.