

# Kale Hamburgers

## Makes 6 large burgers or 18 mini burgers

This is a great way to enjoy a hamburger. By adding all the veggies and herbs these become very nutrient dense but everything is chopped so small that they get mixed right into the ground beef. This makes the actual meat of the burger way more flavorful than usual. Feel free to leave out anything you don't like but I hope you will make these as is. I think you will be surprised by how good they are. My son didn't know hamburgers weren't green for many years!

I serve my burgers right on a plate with no bun. I then pile avocado, lettuce, and tomato on top and eat the whole thing with a fork and knife.

## Directions

Mix all ingredients together by hand. Press about a tablespoon of mixture into a little patty and cook in a pan to test for salt and spices. Adjust if necessary. Press the mixture into 6 wide flat patties or 18 mini burger patties. Making sure to press edges together. Either cook right away, store in the fridge for 24 hours or freeze on a sheet tray. Once frozen transfer to a freezer bag and pull out the number you need for dinner.

I often serve this without a bun by spreading mustard and mayo on a plate putting the grilled burger down, topping it with avocado, tomato slices, lettuce etc.. and eating the whole thing with a fork and knife.

Feel free to add other veggies you like or omit ones you don't like. Amounts are approximate and as long as it stays together when cooked and is yummy than anything goes! ■

## Ingredients

- 1 pound ground beef
- 1/2 bunch dark green kale- chopped fine either by hand or food processor
- 1 medium onion-minced
- 4 cloves garlic-grated or minced
- 1 poblano pepper or any other peppers you like- chopped fine
- 1 medium carrot-grated
- 1 bunch flat leaf parsley or any other herbs you like- chopped fine
- 1 1/2 tbsp total of any spices you like: paprika, cumin, coriander, onion/garlic powder
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/2 cup bread crumbs (Panko)
- 2 eggs