

CHEESEBURGER WITH EGGPLANT BUN^o

GF

SERVES: 4 (1 burger each) Prep Time: 20 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1



1 lb. raw 92% lean ground beef
1 medium eggplant, sliced into 8 rounds
5 pinches sea salt (or Himalayan salt), *divided use*
1 tsp. ghee (organic grass-fed, if possible)
1/3 cup thinly sliced onion (1/2 medium)
3/4 cup thinly sliced bell pepper (1 medium)
4 slices cheddar cheese (4 oz.)

SPECIAL EQUIPMENT:

Olive oil cooking spray

1. Form ground beef into four equal patties. Set aside.
2. Heat cast iron skillet (or any heavy-bottomed skillet) over high heat until very hot. Coat with spray. Add eggplant, season with *1 pinch* salt; cook for 3 minutes.
3. Lightly coat tops of eggplant with spray, flip, season with *1 pinch* salt; cook for an additional 3 minutes. Place on a plate lined with paper towels. Set aside.
4. Add ghee, onion, bell pepper, and *1 pinch* salt to skillet; cook, stirring frequently, for 3 to 4 minutes, or until slightly charred. Place on plate with eggplant. Set aside.
5. Coat skillet with spray. Add patties and *1 pinch* salt; cook for 3 to 4 minutes, or until a deep brown sear forms on underside.
6. Lightly coat tops of patties with spray, flip, season with *remaining pinch* salt; cook for another 3 to 4 minutes.
7. Top each patty with 1 slice of cheese; cook for an additional minute for medium-rare, or cook to desired doneness.
8. Place a slice of eggplant on each of four serving plates. Top each with a patty, and evenly with onion and bell pepper mixture. Top with a second slice of eggplant. Enjoy!

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 314 Total Fat: 15 g Saturated Fat: 11 g Cholesterol: 101 mg Sodium: 430 mg Carbohydrates: 9 g Fiber: 4 g Sugars: 5 g Protein: 32 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.