



## Juicy Grass-Fed Beef Cherry Burgers

**Active Time:** 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

### Nutrition Information Per Serving

243.2 calories, 5.91 g carbohydrate, 0.77 g fiber, 5.14 g NET carbs, 22.52 g protein, 14.64 g fat

#### Ingredients

- 1 clove organic garlic, minced
- 1/4 tsp(s) sea salt
- 1 tsp freshly ground black pepper
- 1 cup organic frozen unsweetened cherries, thawed
- 1 Tbsp organic balsamic vinegar
- 2 tsp(s) Worcestershire sauce
- 1 pound grass-fed ground beef

#### Preparation

1. First, finely chop cherries and drain.
2. Place ground beef in a large bowl and gently mix in cherries, garlic, vinegar, Worcestershire sauce, salt and pepper until combined.
3. Divide into equal portions and form into 1/2-inch-thick patties.
4. Grill or broil 5 to 6 minutes per side to desired doneness.&nbsp;

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