



BURGER LOAVES WITH CREAMY TOMATO GRAVY AND FRIED CABBAGE

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

This hearty recipe is an easy go-to favorite for me. It is reminiscent of German cooking in its flavor and makes great leftovers for lunch or dinner throughout the week. The original recipe contains Feta cheese, which does add great flavor and is great as a maintenance recipe; however, you can easily omit it and still enjoy the dish. The sauce brings it all together with or without the Feta. This recipe makes 6 servings. One burger loaf with gravy will cover your protein and fat for one meal. One cup of cooked cabbage covers your vegetable for one meal.



INGREDIENTS

Burger Loaves

- 1-1/2 lbs. ground grass-fed beef burger (or ground dark meat turkey/chicken)
 - 1 pastured egg
 - 3 oz. crumbled Feta cheese (Maintenance only)
 - 1 tsp Pink Himalayan salt
 - 1/4 tsp ground black pepper
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- 1 cup packed fresh parsley, finely chopped



1 Tbsp avocado/extra virgin coconut oil
2 Tbsp Kerry Gold butter

Gravy

3/4 cup organic heavy cream
2 Tbsp tomato paste
2 Tbsp fresh parsley, rough chopped
Pink Himalayan salt & pepper, to taste

Fried Cabbage

1 large head of cabbage, sliced in thick shreds or large chopped
3 oz. Kerry Gold butter
Pink Himalayan salt & pepper, to taste

INSTRUCTIONS

Add all ingredients for the loaves to a large bowl and lightly mix with your hands. Do not over mix or they will be tough and dense. Form 6 oblong loaves.

Heat a large frying pan over medium-high heat, then add butter and avocado oil. Fry for 10-15 minutes, turning the loaves to brown nicely. If you have a lot of fat in the pan, you can remove some with a spoon; otherwise leave it in the pan.

In a small bowl whisk together the cream and tomato paste. Add mixture to the pan when the patties are almost done. Simmer lightly and stir, allowing the brown bits in the pan to mix with the sauce. Salt & pepper to taste and sprinkle with parsley before serving.

Fried Cabbage

Melt butter over medium-high heat in a large pot/frying pan. Add cabbage and sauté for 15-20 minutes until wilted and lightly browned on the edges. Lower heat, if needed. Add salt & pepper to taste.