

# PALEO BURGER WITH CARAMELIZED ONIONS AND AVOCADO FROM JOYFUL HEALTHY EATS!

FROM THE KITCHEN OF DBC KATHERINE

## INGREDIENTS

- 1½ pounds of lean ground beef {makes six ¼lb burgers}
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 teaspoon of garlic powder
- 2 tablespoons of coconut oil
- 2 small onions, thinly sliced
- 2 tablespoons of balsamic vinegar
- 1 beef steak tomato, sliced into 6 thick slices
- 1 cup shredded green leaf lettuce
- 3 avocados

## DIRECTIONS

1. Heat a medium skillet to medium high heat.
2. Add 1 tablespoon of coconut oil, once melted add in thinly sliced onions. Saute until lightly caramelized, stirring occasionally. {about 10-15 minutes}
3. Add in balsamic vinegar. Saute for another 5 minutes, stirring occasionally. Set aside.
4. Form six ¼lb. burgers with the lean ground beef.
5. Lightly season both sides with salt, pepper, and garlic powder.
6. Heat a large skillet to medium-high heat. Add in 1 tablespoon of coconut oil. Place the burgers in the skillet and saute each side for 3-5 minutes.
7. Remove from skillet and let sit for 1 minute.
8. Assemble burgers.
9. Place 1 large slice of beef steak tomato on a plate, top with a pile of shredded lettuce, the burger, 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado.
10. Enjoy with your favorite sauce!

