

Time2Thrive Keto/Low Carb Lamburgers

Ingredients:

serves 4-6

*optional ingredient

- 1 lb. organically fed ground lamb, locally sourced if possible
- 2 roasted red peppers, skin removed, chopped fine (I used ones that come in a jar)
- 1 bunch mint, stems removed
- 1 bunch cilantro*, chopped fine stems ok (see below how I use food processor)
- 12 leaves basil, stems removed and cleaned
- 5 stalks fresh parsley, stems removed and cleaned
- 1-2 large fennel pieces, chopped into quarters
- 1 large slice red onion (see photo), chopped
- 1 teaspoon sea salt
- ½ teaspoon allspice
- 1 teaspoon cumin, ground
- 2 teaspoons ground coriander
- 4-5 "grinds" black pepper, preferably freshly ground
- 1 tsp aleppo pepper, if you have it (or you can use red pepper flakes if you like spicy)
- 1 tsp sumac if you have (middle eastern lemony spice that I LOVE)

Place all the herbs, onion, fennel in a food processor. (Do not add peppers or spices) PULSE the fresh veggie/herb mixture it until you have small pieces.

The next step is easy. Don't put the peppers in the food processor, they will be mush. Instead chop them fine so the pieces blend easily into the ground meat.

Place the lamb in a bowl, add the spices, chopped herbs and chopped peppers and work with your hands to get all the spices mixed in evenly.

Once you've worked the entire mixture with your hands, form into patties. I made 6 lamburgers with my 1 lb. but you could easily make 8. If you have enough side dishes, like a salad, fresh summer veggies and a cooked veggie like broccoli or green beans, this makes a lovely summer meal. **My Tastes Like Summer Salad** would be especially good!

We usually grill these, and I serve them medium well, but like hamburgers, you can experiment to your specific taste. I think these are best without ketchup, the taste is perfection without, some people serve them with a cucumber yogurt sauce or a tahini sauce (see below). Your choice.

Tahini Sauce Recipe: ½ cup tahini (raw if available), 1 clove garlic, ½ cup extra virgin olive oil, ½ cup water, juice of 1 lemon, salt, to taste.
Optional: 2 T fresh dill, basil or cilantro finely chopped

Blend all the ingredients in a blender about 2 minutes, until smooth. Add salt to taste.

Store in a an airtight container in the refrigerator for up to 5 days. © 2019 Time2Thrive