

Herbed Beef Patties



6 Ingredients, 6 Serves, 40 Minutes Total Time

- 1 teaspoon of sea salt
- 1 kilogram of minced beef
- 1 tablespoon thyme (fresh)
- 1 tablespoon rosemary (fresh)
- 1 tablespoon sage (fresh)
- 1 tablespoon oil/fat (Gaps approved) (solid cooking fat)

Instructions

- In a large bowl, combine the ground beef, fresh herbs, and sea salt.
- Form into 12 patties using the palms of your hands.
- Heat some of the cooking fat in a cast-iron skillet on medium heat. Cook the patties for about 5-8 minutes a side, until well browned on the outside and cooked throughout.

Variation: Bake them in the oven for about 25 minutes at 400F/ 200C degrees or make meatballs instead of patties and serve with zucchini or squash noodles.

Warnings

****OIL/FAT (GAPS APPROVED):** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	411
Total Fat	30g
Saturated Fat	14g

Cholesterol	112mg
Sodium	503mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--
Protein	30g
Calcium	17mg
Iron	3mg
Magnesium	2mg
Phosphorus	1mg
Potassium	6mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--