

Burgers



Ground meat from the grocery store can be susceptible to histamine formation. If you don't have access to fresh ground meat, try grinding it yourself. Fresh ingredients can be added, to make a delicious, nutritious burger.

Yield: ??

Ingredients	Quantity	Comments
Grind together		
Chicken breasts or pieces of meat	1 pound	
Garlic cloves	2 cloves	
Fresh vegetables—onion, carrot, *bell pepper, etc.	About ¼ cup	*for watery vegetables, reduce to about ⅛ cup
Mix in after grinding		
Salt	½ tsp	
Bread or cracker crumbs or oatmeal	¼ cup	

Instructions

- You need a meat grinder!
- Meat/chicken will grind better if it is stiff. Slice the meat/chicken into long strips. The width needs to be smaller than the width of the hopper. Freeze the strips for about 45 minutes until they are stiff, but still bend with a little pressure.
- Add the garlic and vegetables as you are grinding the meat/chicken.
- After the first three ingredients are ground, mix in the salt and breadcrumbs.
- Quickly form into patties and cook or freeze. I usually make a large patch and freeze the extra on a cookie sheet for future meals.
- Cook on a grill or in the oven from frozen. It takes about 25% more time to cook from frozen vs. thawed.

Additional Notes

- If histamine is a concern for you, and you are making a large batch, keep the mixture in the fridge. Take out a small portion (enough for 4 or 5 burgers), make patties quickly and freeze immediately. Take out the next portion.
- Crackers or dried bread can be ground in the meat grinder to make crumbs. A “fine” setting usually works best. To dry bread —bake in the oven at 350°F for about 10 minutes (thicker slices will require longer to dry right through the middle).