

## B A C O N G O U D A B U R G E R S

### INGREDIENTS:

1 pound organic ground sirloin	4 Tbsp raspberry jam/preserves, divided
4 slices bacon, chopped into 1/2 inch pieces and cooked	Dash or two of hot sauce (We like chipotle)
1 large sweet onion, 1/2 chopped and 1/2 sliced into rings	1/4 tsp kosher salt
1/4 red bell pepper, chopped finely	Dash of pepper
1/4 green bell pepper, chopped finely	4 ounces gouda (or fontina) cheese
2 cloves garlic, chopped	1 Tbsp olive oil
1 Tbsp Worcestershire sauce	2 Tbsp of steak sauce

### WHAT TO DO:

Mix beef, bacon, chopped onion, chopped red and green peppers, garlic, Worcestershire sauce, 2 Tbsp raspberry preserves, and hot sauce together in a large mixing bowl. Salt and pepper to taste. Divide meat mixture up into 6 balls. Take one ball of meat mixture, rip off about 1/3 of it and set aside. Form a square patty with the remaining 2/3 of the meat mixture, patting to about 1/2 inch thick. Place about 1 Tbsp cheese in the center of the patty. Top with the remaining 1/3 of the meat mixture, closing the seams of the meat, so that the cheese does not escape. Repeat the same process for all of the beef patties. Grill over medium heat to desired doneness. While burgers are cooking, take a stainless steel sauce pan and heat 1 Tbsp oil in pan on the grill. Add sliced onions and sauté until caramelized. Add steak sauce and remaining 2 Tbsp raspberry preserves to onions and sauté together. Top burgers with sautéed onion mixture. Ooh, talk about delish!

Again, these burgers require no bun or condiments! They are so good just on their own. Serve with your favorite salad and vegetable dish. Check out our recipes on [www.hauserdiet.com](http://www.hauserdiet.com) for ideas!