

BLEU BURGERS

Best for Lions and Otters (and Bears occasionally):

INGREDIENTS:

1 lb organic ground sirloin	1/4 cup chili sauce
2 natural Italian sausages, removed from casing	2 Tbsp ketchup
2 large cloves garlic, chopped	2 dashes of soy sauce
3 large shallots, chopped (or substitute 1/2 medium onion)	1/4 tsp Kosher salt
	1/3 to 1/4 of a cup of Bleu cheese crumbles

WHAT TO DO:

Mix all of the above ingredients together in a large bowl, except for the bleu cheese. 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 bleu 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. Spread with ketchup and cook 2 minutes longer.

These burgers are so good, you won't even need condiments, and definitely not a bun! Serve with your favorite vegetables and/or salad!