

Lamb Burgers

Time: 25 minutes **Serves:** 6

Ingredients:

- 1 jalapeno, remove seeds sliced lengthwise
- ½ medium red onion, sliced
- 1 clove garlic, peeled
- 1 pound minced lean lamb
- 1 pound lean ground beef
- ½ cup small cubed raw aged sharp cheddar
- 1 tbs pink Himalayan salt
- ½ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp smoked paprika
- 1 tsp dried oregano
- ½ tsp coconut oil

Directions:

1. In the bowl of a food processor, combine the jalapeno, onion and garlic and pulse until finely chopped.
2. Transfer the mixture to a large mixing bowl along with the lamb, ground beef, cheese and spices, using your hands to combine all the ingredients. Form 8 patties.
3. Chill in the refrigerator for 15-20 minutes.
4. In a large nonstick skillet over medium-high heat, melt the coconut oil. Fry the burgers for 7-8 minutes per side, until firm to the touch and nicely browned.
5. Serve hot with your favorite toppings on a bed of lettuce.

