

# Veggie / Ground Meat Patties



SCD patties – Veggie options (green bean, broccoli, zucchini), Ground Meat options (turkey, chicken, beef, pork), other additions (spinach, kale, chard).

Aim for keeping the portions of the patties to 1 meat : 2 cooked veggies.

## **Ingredients:**

2 Tbsp.	Olive oil
½	Small yellow onion, diced
2	Cloves garlic, minced
1 tsp.	Mild chili powder
1 tsp.	Fresh thyme (1/2 tsp. dried)
1/2 lb.	Veggies, cooked and diced
5 oz.	Pkg spinach leaves
1 lb	Ground meat
1	Egg, beaten
To taste	Salt and fresh pepper
	Grapeseed oil (for cooking)

## **Directions:**

- 1.) Mixture 1 - Sautee pan, heated. Add 1 Tbsp olive oil, onion, garlic. Add chili powder and thyme. Remove from pan and allow to cool.
- 2.) Mixture 2 - Sautee spinach with 1 Tbsp olive oil. Set aside.
- 3.) Mixture 3 – in a large mixing bowl, combine ground meat and egg.
- 4.) Add Mixtures 1, 2, and 3, along with chopped veggies and salt/pepper. Combine.
- 5.) Form in to 2" patties.
- 6.) Heat fry pan with grapeseed oil. Add in patties and cook until golden brown, flipping once.

## **Notes / Suggestions:**

- 1.) Cook full batch immediately.
- 2.) Use for breakfast / lunches or freeze portions.