

## Thai Hamburgers

For every 1 pound of ground beef, mix together in a small bowl:

**1 TBSP Massaman curry paste**

**1 tsp garlic powder**

**1/2 tsp ginger powder**

**2 tsp Worcestershire sauce**

**3/4 tsp coconut oil**

**1/8 tsp Truvia?**

Use a small spoon to apply the mixture evenly to the ground beef.

Pat out 3 burger patties per pound of ground beef. Press down slightly in the center of each patty to prevent bulging as they cook.

For every 1 pound of ground beef, combine in a separate bowl:

**1 TBSP Peanut butter**

**1/2 TBSP lime juice**

**1 TBSP cilantro, minced**

Mix together until smooth.

Grill to desired doneness, about 4-5 minutes per side. Mild cheese slices, such as Havarti, can be added 30-60 seconds before removing the patties from the grill.

Spread peanut butter mixture on the bottom half of each bun. Place one grilled patty on the bun and top evenly with:

**fresh bean sprouts** (or alfalfa sprouts)