

Time: 30 minutes
Materials: grill pan, spatula

1 Ingredients

Makes 4 servings

- 1 lb. ground beef (I prefer grass-fed, hormone-free 95% lean)
- 1 cloves of garlic, minced
- 1/2 Tbsp. low-sodium soy sauce
- 2 Tsp. Cavender's Greek seasoning

2 Recipe

1. Put the pan on the stove and put the heat on HIGH.
2. In a bowl, combine all ingredients and mix with hands.
3. Separate meat into 4 equal partitions. Shape each partition into a ball and flatten into patties.
4. Put patties on the grill and leave until the top side begins to sweat—then flip.
5. Cook patty on current side until the top begins to sweat—flip again.
6. If you are making a cheeseburger, put cheese on top of patty. When cheese is melted, the patty is ready to go.