AMERICAN · LUNCH · DINNER

# Beef and Liver Burger Patties

30 min · Serves 4 · 444 kcal a serve · Video 8:56 · Wild Lumens

Gluten-free ingredients · Nut-free

A little liver turns a plain burger into a very nutrient-dense meal: two patties give about 39 g protein, several days' vitamin B12 and over twice the daily vitamin A, plus zinc and iron, with no fillers.

**Diet notes:** Carnivore if you leave out the onion; Keto (2.2 g net carbs a serve).

**Scan for the video,** full nutrition and more free recipes

## Ingredients 6 · SERVES 4

- ☐ 680 g **ground beef**, 80/20
- ☐ 115 g **beef liver**, cut into small chunks
- ☐ ¼–½ **onion**, chopped and sautéed (optional; leave out for strict carnivore)
- ☐ a little **butter** (about 1 tbsp), for sautéing the onion
- ☐ some **beef tallow** (about 1 tbsp), for sautéing the onion and adding extra fat
- ☐ 1 tbsp **sea salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Sauté the onion in the butter and tallow until soft and golden, then let it cool slightly (strict carnivores can leave out the onion).
2. Cut the liver into 1–2 cm chunks and pulse in a food processor with the sautéed onion until finely chopped but still slightly chunky. 3:44
3. Put the ground beef in a bowl, add the liver mixture and the salt and mix well with your hands. The mix will be softer and stickier than plain mince. 4:53
4. Shape into 8 patties with a burger press or wet hands. 5:50
5. Cook on a hot barbecue or in a heavy pan for a few minutes per side until browned and cooked to your liking. Serve 2 per person. 6:45

> **Tip** Serves 4, 2 patties each (our estimate). A full tablespoon of salt is a lot, so you may prefer 1–2 tsp. For dairy-free, sauté the onion in tallow only. Freeze raw patties between sheets of baking paper.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 444 kcal | 39 g | 2.5 g | 0.3 g | 30 g | 1,860 mg |
| 1,860 kJ | 78% of a day | 2.2 g net · 0.6 g sugars | 1% of a day | 13 g saturated | 81% of a day |
| | | 1% of a day | | 39% of a day | |

**Energy from** net carbs 2% · protein 36% · fat 62% — fits keto: 2.2 g net carbs, 62% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 769% · Vitamin A 226% · Zinc 84% · Selenium 63% · Vitamin B6 41% · Iron 26%

**Source of** (10–19%) Folate 17% · Potassium 11%

⚠ One serve has about 81% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

**Recipe and video:** Wild Lumens (@WildLumens) on YouTube — youtube.com/watch?v=GLZU3lf-2q0, published 22 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/beef-liver-burger-patties