

Loaded Burger Fries

serves 4

total time 45 minutes

I love taking things that have a reputation of being “unhealthy” and showing people that they can make them healthy! The key in this recipe is focusing on the quality of ingredients - use organic potatoes, grass-fed beef and sugar-free ketchup for max health benefit!

ingredients

4 medium sized potatoes (russet or yukon gold), cut into fry shape
3 tbsp avocado or olive oil
1 pound grass-fed ground beef
1 onion, diced - raw or grilled
4 large handfuls of greens (I used butter lettuce)

toppings/condiments

ketchup
mustard
mayo
pickles
avocado
fried egg

instructions



1. Preheat oven to 400. Toss potatoes in 2 tbsp of the oil and season with salt and pepper. I also love seasoning my fries with garlic powder, onion powder, smoked paprika, and my favorite/weirdest one - celery seed. Feel free to use some of these or none at all. Divide fries onto two sheet pans. Place in oven for a total of 30-40 minutes, checking on them after 20 minutes and giving them a stir and switching their position on the racks.
2. While the fries are roasting, heat the remaining tablespoon of oil on a large skillet on the stove. Add the ground beef and cook until no longer pink, stirring every minute or so. It should take about 10 minutes.
3. If you're serving your onions raw, skip this step. If you're grilling your onions, then transfer beef to a bowl and set aside. In the same pan, cook onions for about 10 minutes until golden and translucent. Season with a little salt. If onions start sticking, add a splash of oil.
4. Push onions to one half of the pan and add beef to the other half, turn heat to low to keep warm until the fries are done.
5. Once the fries are golden and crispy, remove from oven. Get your serving bowls ready. Add a large handful of greens to each bowl and top with a quarter of the fries, a quarter of the beef, and a quarter of the onions.
6. Top with desired toppings/condiments and enjoy!