

BEST HAMBURGER*

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About 100% Grass-fed Beef

Not all grass-fed beef is created equal because the label isn't regulated. That means the package of ground beef, or steak or roast that's labeled "grass fed," may have spent a great part of its life in a feed lot standing in manure and eating grain from a trough.

Look for labels that state "100% Grass-fed," or "Grass-fed and grass-finished."

Grain fattens cattle quickly. It takes many months longer for 100% grass-fed beef to reach harvest size.

Grass-fed-grass-fed beef gets grass hay for winter eating.

Bull Brook Keep beef gets no grain, no hormones, and no subclinical antibiotics.



For 4 quarter-pound burgers

Ingredients

- 1 pound grass-fed-grass-finished beef
- 1 egg, slightly beaten
- 1/3 c fine bread or cracker crumbs, or 1/3 c oat flour (take 1/3 oat flakes and process to a flour)
- 2 T finely chopped onion (optional)
- 1/4 tsp salt, or to taste
- 1/4 tsp pepper
- 2 T milk or water
- Pinch each of oregano, cumin, basil (or more to taste)

Choose great taste and high nutrition

Select beef that hasn't been stressed by grain, hormones or subclinical antibiotics.

Most of the beef sold in the US has traveled hundreds, if not a thousand, miles from feed lot to slaughter house.

Look for beef that's local.

Low food miles means less stress on the animal.

Grass-fed beef provides:

- Good source of vitamins A, B, C and E.
- 4-5X more conjugated linoleic acid than grain-fed beef
- More Omega 3s
- Iron

Instructions

1. In a medium-sized bowl, beat the egg slightly, add the crumbs or oat flour, salt, pepper, and herbs. Mix well, and let rest at room temperature for 10 minutes.
2. Mix in the onion.
3. Break up the ground beef as you add it to the bowl.
4. Use your hands to combine until the meat and crumb mixture is well blended.
5. Divide the beef into four patties.
6. Heat a tablespoon of fat or oil in a heavy-bottomed fry pan over medium heat until the fat begins to shimmer.
7. Fry the burgers over medium heat until they're browned, but not dry. (Slice into the interior of one burger to check for doneness.)
8. Serve with condiments of choice on a burger bun or over seasoned cooked quinoa.

*Meat Loaf

- Preheat oven to 350°F.
- Very lightly grease a 9x9" pan
- Double or triple the ingredients, and also have on hand 1/3 cup ketchup.
- Follow the first four steps above.
- Put the meat mixture into the pan, and pat it to a square or rectangular shape \of even thickness. Keep the beef away from the sides of the pan.
- Brush or spoon the ketchup over the beef.
- Bake for 40-45 minutes.
- If the top isn't browned, broil the loaf for a minute or two, being careful not to burn it.