
THE

CrossFit *kitchen*



SAGE BISON BURGERS WITH BALSAMIC BACON APPLE CHUTNEY

overview

No burger is complete without bacon, and the sage bison burger is sure to satisfy CrossFitters craving several types of meat.

blocks per burger

2.5 protein blocks

.75 carbohydrate blocks

2 fat blocks

makes 4 burgers

ingredients

burgers

- 1 lb. ground bison
- 2 tbsp. fresh sage, chopped
- 1 tsp. garlic powder
- 1 tsp. onion powder
- Salt and pepper, to taste
- 2 tbsp. fat (bacon fat or other)

chutney

- 5-6 slices bacon, diced
- 1 small red onion, diced
- 1 apple, cored and diced
- 2 tbsp. balsamic vinegar
- 2 tbsp. water
- Pinch of salt

directions

1. Place a large skillet on medium heat and add diced bacon. Leave until bacon is completely cooked through, then place bacon on a plate with a paper towel and leave 2 tbsp. of bacon fat in the pan.
2. Add diced onion to the hot pan and cook until translucent.
3. Mix diced apple in with the onion and cover. Let cook for 4-5 minutes.
4. Add balsamic vinegar, water and a bit of salt and thoroughly mix together until the balsamic vinegar is completely incorporated.
5. While the chutney is finishing cooking, mix the burger ingredients together in a bowl.
6. Make 4 burger patties and place in a skillet on medium heat with 1-2 tbsp. of your choice of fat.
7. Cook on both sides for about 5-8 minutes or until cooked to preference.
8. Place chutney on top of burgers and serve.