

# Smash Burgers

MADE WITH LOVE

by Teresa Forehand

## SWEET POTATO FRIES & CUCUMBER CAPRESE SALAD

### Ingredients

#### Burgers

- 1 lb lean ground beef (I do 93/7 grass fed)
- 2 TBS steak or burger seasoning
- 2 TBS worcestershire sauce
- 8 6 inch tortillas of choice

#### Optional Toppings:

- Cheese
- Pickles
- Jalapenos
- Lettuce
- Tomato

#### Cucumber Cabrese Salad

- 1 large english cucumber
- 1 cup cherry tomatoes.
- ½ red onion, sliced thinly
- 1/2 cup fresh mozzarella balls
- Handful of fresh basil
- Italian dressing of choice

#### Sweet Potato Fries

### Directions

1. Cook sweet potato fries according to package instructions.
2. Preheat oven to 450 degrees (unless you are going to use a flat top grill to cook) Place a large baking sheet in the oven to also preheat.
3. Add beef, seasoning and worcestershire sauce to a medium bowl and mix well (hands work best)
4. Next spread tortillas out on a parchment paper lined baking sheet and spread ground beef into a single thin layer on top of each tortilla.
5. Before cooking burgers, make your salad. The burgers cook very quickly! Mix all salad ingredients together, and place in the fridge.
6. You can cook your burgers on a skillet, in the oven or a flat top grill. If you are making several burgers, the oven or flat top grill work best so you can cook more than one at a time.
7. For the grill: Heat flat top grill to medium high heat. Place meat side down first, and press down firmly with a large metal spatula and cook for 3-4 minutes (it doesn't take long!) and then gently flip the burger and cook on the other side for 2-3 minutes. Add cheese if desired, and remove from the grill.
8. For the oven: Remove preheated baking sheet from the oven and place tortillas meat side down on the baking sheet. Press down firmly with a large metal spatula and place in the oven for 4-5 minutes. Remove and flip the tortillas. Cook for 2-3 minutes. Add cheese if desired.
9. Add desired toppings, and enjoy!