



Cajun Buffalo Burgers with Caramelized Onions

Ingredients:

serves 4

2 pounds ground free-ranged Buffalo meat
1 green pepper, cored, seeded, and minced
½ cup scallions (green onions)
3 cloves garlic, minced
2 teaspoons ground cumin, 2 teaspoons dried oregano
1 teaspoon dried coriander, 1 teas. dried thyme and 1 teas. paprika
Red Pepper flakes to taste
Sea salt to taste
Sliced tomatoes for garnish
Optional: great with a drop of sour cream on top and fresh chives

Procedure:

Combine the ground meat, green pepper, scallions, and garlic in a mixing bowl. Add the spices, red pepper flakes and salt to taste, and mix well until blended. Shape the meat into big patties
Broil, or grill the meat until desired doneness. (about 5 mins on each side) Serve with sliced tomatoes and caramelized onions.

Caramelized Onions

3 Vidalia or Spanish onions, sliced very thin
3 Tablespoons Olive oil

Procedure:

Prepare onions, sauté in oil until sweet and golden, about 6 mins., stirring often. Can add a pinch of sugar, but onions will taste naturally sweet

Cooks notes: Don't over cook the meat. For a quick burger recipe add tomato salsa with cilantro. (Amy's Organic is best)