

# BLUES BURGER



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- 1 Beyond Burger Patty
- 1 Slice of Cheese
- 1 Jalapeño
- 1 Shallot
- 2 Slices of Gluten-Free Bread
- 2 TBSP of Grape Seed Oil
- 1 Avocado

## DIRECTIONS

1. Chop Shallot and Jalapeño
2. Heat a pan to high heat for 30 seconds to a minute
3. Add 1 TBSP of Grape Seed Oil and spread it across the entire pan
4. Put Beyond Burger Patty and Chopped Shallot on
5. Cook to your preferred crust and flip the patty
6. Cook onions until they are a light brown
7. Take both the onion and the Beyond Burger Patty off of the pan and set aside to rest
8. Add another 1 TBSP of Grapeseed oil and spread it across the entire pan
9. Put 2 slices of gluten-free bread on the pan and flip when it is toasted to your liking
10. Slice an Avocado
11. Add 1 slice of cheese to the burger
12. Put patty on the pan, pour 2 TBSP water, and cover the pan
13. Once the cheese is melted, take off the pan
14. Assemble with your favorite sauce and Enjoy