



Breakfast Sausage Smashburgers

Chef Tony Burris



INGREDIENTS

Breakfast sausage:

2 lbs L Bell Ranch ground beef

1 tbs brown sugar

2 tsp fresh sage, finely chopped

2 tsp fennel seed

2 tsp crushed red chili

1 tsp dried parsley or 2 tsp fresh parsley, finely chopped

2 tsp black pepper

2 tsp salt

Special sauce:

16 oz mayonnaise/sour cream/yogurt

Your favorite hot sauce

Toppings:

Schaffer Farms arugula, chopped

Growing Vertical cantaloupe sprouts

Aguiar Farm onion, sliced

Maxwell Gardens egg, fried

DIRECTIONS

Mix all dried ingredients with ground beef.

Let sit for 10-15 min or overnight.

Make into 2-3 oz portions.

Flatten & cook until done.

Mix together mayo and hot sauce.

Spread sauce on toasted English muffin from two bites bakery

Add sausage patty and top with fried egg, fresh arugula, or any other fresh farmers market veggies.

Sit back & enjoy!