

Paleo Portobello Mushroom Top Burger Recipe

The Ingredients:

- **2 Large Portobello Tops**
- **4 oz of Grass-fed beef**
- **1/2 cup of spinach**
- **1-2 sliced radishes**
- **1/2 sliced of avocado**
- **1/2 tablespoon of avocado oil**
- **a pinch of fine sea salt and ground black pepper for seasoning**

Instructions:

- 1.) Wash all vegetables.
- 2.) Slice avocado and radishes.
- 3.) Form Grass-fed beef into patty. Season with salt and black pepper. Cook till desired done-ness, when finished, allow to rest.
- 4.) In another pan, heat avocado oil, season portobello tops, then cook on both sides till slightly tender, about 10-15 minutes.
- 5.) Assemble burger.
- 6.) Add desired Paleo sauce or Avocado mayo!

ENJOY!

