



# Bunless Bison Burgers with Crispy Potato Fries

With hearty fiber from refreshing purple sweet potatoes and tomato, nourishing fats from olive oil, and satiating protein from bison, these satisfying burgers are sure to keep you fueled on a long summer day! If you aren't a fan of bison, 90% lean ground turkey makes a delicious and comparable alternative!

Cooking level: **Beginner**

**Contains: eggs**

Servings:  
4

Prep time:  
5 minutes

Cook time:  
15 minutes

Total time:  
20 minutes



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## What you'll need

- Grill
- 2 large bowls
- Baking sheet

## Ingredients

### Bison burgers

- 1 lb. ground bison\*
- 1 large egg, beaten
- ½ tbsp. onion powder
- 1 ripe heirloom tomato, sliced†
- 1 ripe avocado, sliced
- 1 pickle, sliced
- 4 cups butter lettuce
- 2 tsp. fresh or dried rosemary
- 1 tsp. cumin
- 1 tsp. coriander
- ¼ tsp. cinnamon
- ¼ tsp. sea salt
- 1 tbsp. garlic-infused extra virgin olive oil
- 4 tsp. avocado oil mayonnaise of choice

\*Red meat should be consumed in moderation due to increased risk of inflammation. †Leave out the tomato if tomatoes are a trigger food for you.

### Crispy potato fries

- 1 lb. purple sweet potatoes, washed and sliced longways into fries
- 2 tbsp. avocado oil
- 2 tsp. garlic powder
- 1 tbsp. dried or fresh rosemary
- ½ tbsp. dried or fresh parsley
- ½ tsp. sea salt
- ½ tsp. black pepper

## Cooking steps: Bison burgers

- 1 Preheat the grill to 375°F or preheat to medium depending on grill settings.
- 2 Combine ½ **tbsp. onion powder**, 2 **tsp. rosemary**, 1 **tsp. cumin**, 1 **tsp. coriander**, ¼ **tsp. cinnamon**, and ¼ **tsp. salt** with the **beaten egg**, 1 **lb. ground bison**, and 1 **tbsp. garlic-infused olive oil** in a large bowl. Use hands or a kitchen spoon to combine the ingredients.
- 3 Once all ingredients are well incorporated, shape the ingredients into circular, 1" thick patties.
- 4 Place the patties on the grill. Allow them to cook for about 13-14 minutes, flipping once halfway through. The internal temperature should be 160°F when they are removed from the grill.
- 5 Slice the **heirloom tomato**, **pickle**, and **avocado** while the burgers are grilling.
- 6 Once removed from the grill, place the burgers in between lettuce leaves, topped with 1 **tsp. avocado oil mayonnaise**, a **slice of heirloom tomato**, a **slice of avocado**, and 2-4 **pickle slices**.

## Cooking steps: Crispy potato fries

- 1 Preheat the oven to 425°F. Combine 1 **lb. purple sweet potato fries**, all potato fry seasonings, and 2 **tbsp. avocado oil** in a large bowl. Toss with hands or tongs until evenly coated with oil and spices.
- 2 Pour the fries onto a baking sheet and spread in one layer across the pan. Bake for 12 minutes, remove and toss the fries with some tongs or a spatula, and then return to the oven for an additional 12 minutes. Remove from the oven once crisp and begin to brown. Serve as a side with the bison burgers and enjoy!

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.



## Nutritional info

<b>Bison Burger (4 oz. patty)</b>	
Calories	<b>393</b>
Total fat	<b>29 g</b>
Saturated fat	<b>8 g</b>
Cholesterol	<b>124 mg</b>
Sodium	<b>264 mg</b>
Carbohydrate	<b>9 g</b>
Fiber	<b>5 g</b>
Sugar	<b>3 g</b>
Protein	<b>25 g</b>

<b>Crispy Potato Fries (4 oz.)</b>	
Calories	<b>158</b>
Total fat	<b>7 g</b>
Saturated fat	<b>1 g</b>
Cholesterol	<b>0 mg</b>
Sodium	<b>2 mg</b>
Carbohydrate	<b>22 g</b>
Fiber	<b>3 g</b>
Sugar	<b>1 g</b>
Protein	<b>3 g</b>



## Nutritional info

<b>Bison Burger with Crispy Potato Fries (1 serving)</b>	
Calories	<b>551</b>
Total fat	<b>36 g</b>
Saturated fat	<b>9 g</b>
Cholesterol	<b>124 mg</b>
Sodium	<b>267 mg</b>
Carbohydrate	<b>31 g</b>
Fiber	<b>8 g</b>
Sugar	<b>4 g</b>
Protein	<b>28 g</b>