



## Country 'Fried' Burger

Breaded and Baked Burger Patty, Made TWO ways: (1) As a Savory Burger and (2) as a Breakfast Burger

For this baby, I wanted to try and make a fun, burger version of 'country fried steak', but healthier. I breaded and baked a turkey burger patty, then made 2 versions. A savory lunch/dinner version, then a breakfast version with eggs and black pepper pan-gravy. *Instructions for the breakfast version are on the 2nd page.*

### Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving Size: 1 sandwich



*- last checked 02/22/24 -  
Listed Points DO NOT INCLUDE BREAD! Use  
whatever buns you want, then add my points to them.*

### Ingredients:

#### Burger Patties:

- Savory Version: 3/4lb batch of my 'savory' mix, recipe on pg 26
- Breakfast Version: 12oz batch of my breakfast sausage, pg 24

#### Low Carb Breading: (prepare ahead of time, set aside)

- 1 prepared batch of low carb breading, as shown on pg. 38-39  
The only difference in this recipe is, we'll be 'dusting' and breading burger patties, instead of chicken breasts.

#### Spiced Tomato Jam (savory burger version):

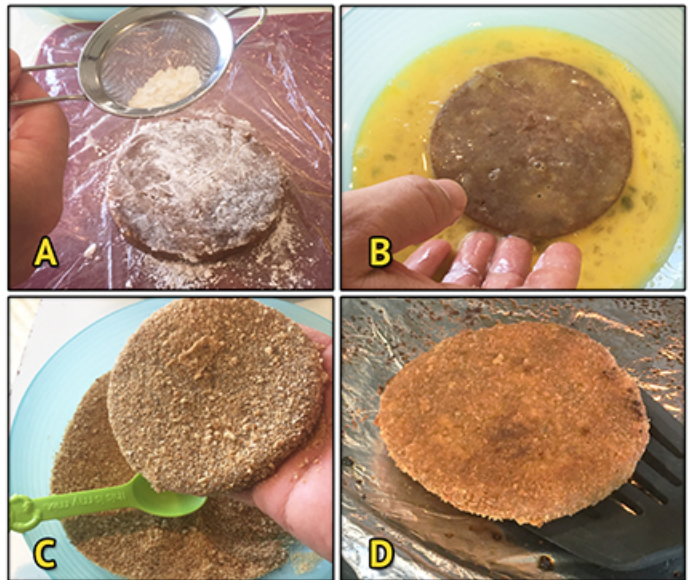
- 1-1/4 lbs (20oz) grape or cherry tomatoes, sliced in half
- 2 Tbsp apple cider vinegar
- 1/4 tsp each: ground cumin, ground cinnamon, smoked paprika, and coarse ground black pepper
- 1/2 tsp salt
- 3 to 4 Tbsp 0 calorie brown sugar replacement, to taste
- pinch of cayenne pepper, to taste

#### Additional Ingredients:

- Lettuce, any type (*savory burger*)
- Thin sliced red onion (*savory burger*)
- Chick Fil A sauce, recipe on pg. 17 (*savory burger*)
- 4 whole eggs (*breakfast version*)
- Pan gravy, recipe on pg. 62 (*breakfast version - SEE NOTES!!!*)

### Directions:

- 1 Prepare the batch of meat mix, set aside for 20 minutes. Form into (4) 3oz patties. Prepare my Chick Fil A sauce. Set aside.
- 2 Add all of the tomato jam ingredients to a mid-sized pot. Bring to a boil, then reduce heat to medium-low and simmer for 20-25 minutes. Cool to room temperature.



- 3 Preheat oven to 425 degrees. (A) Let the formed burger patties rest in the fridge for 10 minutes, to set. Then, take them out and 'dust' both sides (pg. 37), of all 4 patties. (B) Line a baking pan with foil and spray with cooking spray. Dip each of the 4 patties into the egg wash, to coat. (C) After dipping each patty, place it into a dish with the low carb breading and coat both sides with crumbs, then set onto the pan. Repeat till all patties are breaded. (D) Spray both sides of each breaded patty with cooking spray. When the oven is at 425 degrees, bake for 15 minutes on one side, then flip and bake for 5 more minutes. Done.

- 4 Though optional, I highly recommend toasting your buns and scooping out some bread from the top bun



- 5 (A) To assemble: Place some of your lettuce onto the bottom bun, followed by some thin sliced red onions and 2 Tbsp of my chick fil a sauce. (B) Then, place a breaded/baked patty on the sauce, followed by a 1/4 cup scoop of tomato jam. (C) Take your toasted top bun (with scooped out bread) and (D) place it on top. You don't HAVE to scoop out the bread from the top, but if you do, it creates a cavity that contains the mound of tomato jam. If you don't scoop out that bread, once you bite into the burger, the jam will splut out the sides of the bun.

### BREAKFAST VERSION:

- Make your 3oz burger patties, using my breakfast sausage meat mix, instead of 'savory'. Bread and bake as directed in this recipe.
- While the patty is baking, prepare pan gravy (pg. 62), but... **DO NOT INCLUDE THE BRANDY!** Heat up all the other pan gravy ingredients in a small pan, till boiling. Stir and simmer for 3-4 minutes, till thick. **DON'T ADD BRANDY!**
- Scramble 4 eggs (1 per burger) and place over them on top of the finished/baked breakfast sausage 'burger' patties, topping the eggs with some of the pan gravy. (see the bottom picture)

### NOTES & SUGGESTIONS:

- **TOMATO JAM:** Though I use halved grape/cherry tomatoes in my recipe, feel free to use ANY type of tomatoes you want. If you do use larger tomatoes (regular sized or roma) I would strongly suggest not using the tough 'core', found right under the stem. I'd also dice them. Don't be an absolute stickler with my listed 25 minute simmer time. Simmer your tomatoes over medium-low heat, until almost all of the liquid has evaporated and the tomatoes have broken down.
- **CHICK FIL A SAUCE:** If you want to save time and work, you can use dijon mustard INSTEAD OF my chick fil a sauce. However, the flavor is waaaay more awesome with the chick fil a. If you want to make a quick, easy version to use in a pinch: Mix equal parts of Dijon, no sugar added BBQ sauce and Greek yogurt, with some apple cider vinegar and sweetener. It's not as awesome, but it's a fast chick fil a sauce stand-in you can be mix together in under 2 minutes.
- **BREAKFAST VERSION:** Full disclosure..... I honestly like the breakfast version better than the savory version. It's a delicious breakfast sandwich. I've made the breakfast version for myself multiple times.
- **BURGER PATTY:** As noted, when I make the savory version of this burger, I used my 'savory meat' mix. When I make the breakfast sandwich version... I 1000% recommend following my recipe and making the burger patty out of my breakfast sausage. A 3oz breaded and baked, crispy breakfast sausage patty, covered with eggs and peppery pan gravy tastes freakin' amazingly delicious.

