

Chip & Dip Patties with Tomato-Avocado Salsa

Adapted from Rachael Ray Every Day Magazine, 2012

Ingredients:

- 2 lb ground beef, grassfed if possible
- 1/2 cup jarred tomatillo salsa, mild (Any brand of salsa will do.)
- 1/4 cup jarred tomatillo salsa, in addition to 1/2 cup above
- 1/2 bag salted tortilla chips, ground in a food processor (Any brand of chips will do.)
- 3-4 small tomatoes, chopped
- 2 ripe avocados, chopped
- 2 Tbsp olive oil

Instructions:

1. In a large bowl, use your hands to combine beef, 1/2 cup salsa, and 1/2 teaspoon each salt and pepper.
2. Use a kitchen scale, if you have one, to weigh the entire ground meat mixture; then divide the total by 8 to determine how much each burger should weigh. If you do not have a kitchen scale, do your best to make 8 same-size burger patties. Form the mixture into 1/2-inch-thick patties.
3. Coat the patties in the ground tortilla chips, patting to adhere. (Throw away any unused ground chips.)
4. In a large nonstick skillet, cook 4 patties at a time over medium heat, turning once or twice, until the chips are toasted and the meat is cooked through, about 8-10 minutes total. (Cut a burger in half to test for doneness.) Repeat this step for the next 4 patties.
5. Meanwhile, in another bowl, combine the tomatoes, avocado, olive oil, and the remaining 1/4 cup salsa; season with salt and pepper.
6. Top the cooked burgers with the tomato-avocado salsa, and eat with a fork.

Notes:

*This is a double recipe from the original. If you have a small family, you could halve the ingredients and just make 4 burgers.

*The original recipe calls for 2 cups tortilla chips, ground in a food processor. This amount (doubled for a double recipe) is never enough, so I just dump about half an 11-oz bag into my food processor. I like having plenty of chips to dip the patties in.

Recipe posted on gingerfriesen.com, January 2017

*The Salter kitchen scale I use is one I've had for years. It's nothing fancy. I got it on Amazon and I use it for several recipes. It, or something similar, is a great investment if you don't already have a kitchen scale.

*I try to stay away from nonstick cookware, but for some reason, I have found it difficult to cook these burgers in my stainless steel skillet without burning the chips by the time the meat cooks through. So now I do 2 batches of 4 burgers each in my nonstick skillet, washing the skillet out between batches.