

Bunless Burgers:

- Butter
- Hamburger patties
- Cheddar cheese
- Cream cheese
- Salsa
- Spices
- Spinach

Directions:

1. Add butter to a pan and turn up the heat.
2. Add the hamburger patties and spices.
3. Flip the patties until close to being ready.
4. Add a few slices of cheddar and some cream cheese on top.
5. Reduce the heat and put a lid on the pan until the cheese melts.
6. Serve with raw spinach. You can drizzle some of the fat from the pan over your greens, if you like.
7. To make the burgers even juicier, add some salsa.

Borrowed from healthline.com