

Eggplant Sliders



Serves 4

Ingredients:

Tomato Sauce:

- 1- $\frac{1}{2}$ cups crushed tomatoes
- 1 cup organic chicken stock
- $\frac{1}{2}$ cup diced onion (white or yellow is best)
- 2-3 cloves garlic, minced
- $\frac{1}{2}$ teaspoon Celtic sea salt
- $\frac{1}{2}$ teaspoon Italian seasoning
- $\frac{1}{8}$ teaspoon cinnamon

- pinch of red chili flakes
- 1/4 cup extra virgin olive oil

Burger:

- 1 pound organic ground beef
- 1/4 cup chopped fresh flat-leaf parsley
- 1 garlic clove, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon kosher salt

Eggplant:

- 1/2 an eggplant
- A drizzle of extra virgin olive oil
- A dusting of kosher salt, black pepper, granulated garlic, dried basil, cayenne pepper

Instructions:

1. Start with the sauce. Dice and mince the onion and garlic. Heat a sauce pan with olive oil. Sauté the onions and garlic, then when softened, add the salt, Italian seasoning, cinnamon and red chili flakes. Mix and simmer for only a minute or less, then add the crushed tomatoes and chicken stock. Stir, cover, and reduce heat to low.
2. Next, preheat the oven to 400°F for the eggplant. Meanwhile, make the burgers. Mix the ground beef with parsley, minced garlic and seasonings, and form into four patties. Heat a large pan over medium-high heat with oil of choosing. Add burgers to the pan and cook to sear but without cooking them through.
3. While the beef is searing, cut the eggplant into four thick slices, about a half-inch. Place in an ungreased baking dish. Drizzle with olive oil and sprinkle with the seasonings listed to taste.

4. Place each burger patty on an eggplant slice. Top each with a heaping quarter cup of the prepared tomato sauce. Loosely cover the dish with foil and cook in pre-heated oven for 15-20 minutes. Serve with additional fresh parsley, if desired.

Nutrition per slider: Calories 490; Total Fat 40.6 g; Saturated Fat 8.8 g; Monounsaturated Fat 25.7 g; Polyunsaturated Fat 3.4 g; Total Carbohydrates 11.6 g; Dietary Fiber 4.7 g; Sugar Alcohols 0.3 g; Sugars 6.0 g; Protein 21.3 g; Sodium 1149 mg