

# Goat Cheese Stuffed Burgers with Caramelized Onion

Hands-on 20 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 8.6 g, Fiber: 1.4 g, **Net carbs: 7.3 g**,

Protein: 48.9 g, Fat: 69 g, Calories: 857 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 2 large servings)

### Burgers:

400 g ground beef (14.1 oz)

2 pieces goat cheese (130 g/ 4.5 oz) - *see note below*

2 tbsp ghee or duck fat (30 g/ 1.1 oz), plus more for burgers

1 large yellow onion, sliced (150 g/ 5.3 oz)

1 tbsp Sukrin Gold brown sugar substitute or Erythritol or Sweetve  
(10 g/ 0.4 oz)

pinch of sea salt or pink Himalayan salt

*Note: You can use two 65 g (2.3 oz) pieces of goat cheese, or use one piece cut widthwise. Brie goat cheese and soft goat cheese work best in this recipe.*

### Serving suggestions:

Tangy Keto Kale Slaw

Paleo Spinach Tabbouleh

Easy Summer Vegetable Salsa

Quick & Easy Guacamole

Sweet & Spicy Pickled Jalapeños

Low-Carb & Paleo Spicy Chow Chow

Healthy Homemade Ketchup

Paleo Mustard, Three Ways

aside.

4. While the onion is cooking, preheat the oven to 200 °C/ 400 °F. Remove the cheese from the freezer. Using your hands, create two 200 g (7.1 oz) patties. Place a piece of cheese in the middle of each patty, and then wrap the meat around them. Make sure the cheese is covered so it doesn't ooze out while cooking.
5. Grease an ovenproof skillet with about a tablespoon of ghee. Add the burgers and cook on high for a minute on each side and season with salt.
6. Place the skillet into the oven and bake for 7-8 minutes.
7. Remove the skillet from the oven and let the burgers rest for 5 minutes.
8. Top the burgers with the caramelised onion, and serve with a big bowl of vegetable salad!

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## Instructions

1. Place the goat cheese in the freezer for 30 minutes (This is optional but will prevent the cheese from oozing out while the burgers are cooking). Remove the ground beef from the fridge.
2. Peel and slice the onion. Grease a pan with 2 tablespoons of ghee and add the onion. Cook on medium-low for 15-20 minutes, stirring occasionally, until caramelised.
3. Add the brown sugar substitute and stir in. Cook for another 5 minutes, stirring to prevent burning, and then take off the heat. Set