

# Healthy Chorizo Guacamole Bunless Burgers

Hands-on 20 minutes Overall 25-30 minutes

**Nutritional values (per serving):** Total carbs: 9.7 g, Fiber: 5.2 g, **Net carbs: 4.5 g**,

Protein: 28.8 g, Fat: 40.1 g, Calories: 510 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

### Guacamole:

- 1 large ripe avocado (200 g/ 7.1 oz)
- 2/3 cup cherry tomatoes, chopped (100 g/ 3.5 oz)
- 1/2 small white onion, chopped (30 g/ 1.1 oz)
- 1 clove garlic, crushed
- 2 tbsp fresh lime juice (30 ml)
- 1 tsp chopped red chile pepper
- 2 tbsp freshly chopped cilantro
- 1/4 tsp sea salt, or to taste
- freshly ground black pepper

*Recipe is based on my [Quick & Easy Guacamole](#).*

### Burgers:

- 4 Mexican chorizo sausages, casing removed (250 g/ 8.8 oz)
- 400 g ground beef (14.1 oz)
- 1 tbsp ghee or lard (15 g/ 0.5 oz)
- 1 head crispy lettuce such as little gem or romaine (200 g/ 7.1 oz)

### Optional toppings to serve:

- crumbled feta cheese
- pickled jalapeños (*you can [make your own pickled jalapeños](#)*)
- Mexican salsa verde (*you can [make your own salsa](#)*)
- Chipotle Lime Paleo Mayonnaise (*you can [make your own mayonnaise](#) and add some chipotle chile powder and use lime juice instead of lemon*)
- lime wedges

## Instructions

1. Prepare the guacamole. Halve and peel the avocado. Remove the pit and place the flesh from half of the avocado into a bowl. Mash it

well using a fork. Dice the other half of the avocado into 1 cm (1/2-inch) pieces and keep aside.

- Place all of the ingredients in a bowl: chopped tomatoes, onion, crushed garlic, lime juice and chile pepper. Add the remaining diced avocado, fresh cilantro, salt, black pepper and mix well (do not mash). Cover with a cling film and set aside or refrigerate.
- Prepare the burgers. Remove the casing from the Mexican chorizo sausages. Place the crumbled chorizo and ground beef into a bowl. *Note: You can use Spanish chorizo if you can't find Mexican chorizo. Since Spanish chorizo is made from cured meat, you will need to dice them finely.*
- Mix until well combined. Using your hands, create 4 equal patties, 1/2 to 3/4 inch (1 1/4 to 2 cm) thick. Use your hands to smooth any cracks.
- Pierce the patties with a fork several times. This will loosen the patties and help them cook equally without curling or getting tough while enabling maximum caramelisation. Set aside - it's best to keep at room temperature for 15 minutes before cooking.
- Grease the hot skillet or a griddle pan with a tablespoon of ghee and add the burger patties. The patties should sizzle as soon as they touch the skillet. Do not crowd the pan - work in batches. Cook over high heat, until a crust forms on the bottom and the burgers are easy to flip on the other side. This will take 2-3 minutes.
- Once flipped, cook until the crust forms on the bottom and the sides are browned. Do not pierce the burgers with a fork or you will lose the juices. It will take another 2-3 minutes to cook through. The thicker the patties, the longer they will take to cook. Transfer to a plate and set aside.
- Serve the burgers on top of crispy lettuce leaves.
- Top with guacamole and serve with any optional toppings such as lime wedges and pickled jalapeños.

10. The burgers are best eaten fresh but can be refrigerated for up to 3 days. Raw burgers can be prepared in advance and kept in the fridge for up to a day before cooking.

### **More great content on KetoDietApp.com**

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)