

## Gluten Free, Low Carb, Keto Friendly, Burger Dogs

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### Gluten Free, Keto Friendly, Low Carb, Cheese Stuffed Burger Dogs

- 1 - 2 lbs of **ground beef** or some other type of **ground meat**
- 1 - 2 Tbsp of  **Worcestershire sauce** (Lea & Perrins)
- 1 - 2 Tbsp dry **minced onions**
- 4 - 5 sticks of **string cheese**
- 1 - 2 lbs of **bacon**

Using a **hand mixer** or some other type of **mixer** and mix well.

Using a **cutting board** and grab some of the **beef** and press it out onto the **cutting board, parchment paper** or even **wax paper**

Take one of the pieces of **string cheese** and lay it on the beef that is pressed out and wrap the cheese in the meat mixture.

Wrap them in **bacon** if you want to with 1-2 pieces of bacon per burger dog

Put onto a hot **grill** and cook them until they are at least 160 degrees internally using a **meat thermometer**

Remove from **grill** and place onto a **baking sheet** and serve.





Watch this video on Dailymotion - <http://dai.ly/x6ic82n>

Watch this video on DTube - <https://d.tube/v/jmrados/zc1ten6t>

Watch this video on YouTube - <https://youtu.be/So6uF1Fs4Rw>

