

Southwest Turkey Burgers

Total Time: 25 minutes

Directions

1. Combine turkey meat, garlic, onion, thyme, bell pepper, jalapeño pepper, cumin, hot pepper sauce, grill seasoning.
2. Divide mixture into 4 equal mounds, then form meat into patties.
3. Drizzle patties with vegetable oil to coat.
4. Cook in skillet over medium high for 5 to 6 minutes on each side.
5. Place cheese over the patties in the last 2 minutes of cooking.

1 pound of ground turkey breast
2 cloves of garlic, finely chopped
¼ red onion, finely chopped
1 teaspoon dried thyme leaves
½ small bell pepper, green, red, or yellow, seeded and finely chopped
2 teaspoons ground cumin
1 to 2 teaspoons tabasco
2 teaspoons grill seasoning blend
Vegetable oil or olive oil
Optional Toppings:
Pepper jack cheese
Red leaf lettuce or romaine
Sweet red pepper relish or pepper jelly
Kaiser rolls

Ingredients