## **TURKEY BURGER**

## INGREDIENTS FOR 8 SERVINGS



Gewürztraminer



1 Package Ground Turkey (1.25 lbs)

1 Can Rotel® Tomatoes, Drained

1 Can Diced Green Chilies

1 Can Low Sodium Black Beans, **Drained and Rinsed** 

1/2 Cup Cilantro, Chopped

3 Green Onion Stalks, Chopped

1 Tablespoon Garlic, Minced

1/4 Teaspoon Black Pepper

1 Teaspoon Chili Powder

1/2 Teaspoon Ground Cumin

1 Package Thin Buns

1 Cup Guacamole **Lettuce or Spinach** 2 Tomatoes, Sliced



## PREPARATION

In a large bowl mix together all ingredients using your hands, being sure not to over mix. In the bowl divide the meat into 4-5 sections, and then divide each of those in half giving you 8-10 equal size burgers. Grill the burgers until they reach 165 degrees and have started to brown. Remove from heat and serve on a thin bun with your choice of greens, guacamole and sliced tomato.