

Katherine Manfredi-Scheffner

Matty's Decades of Des. Thur 10:45-11:45

## Turkey Taco Burgers (Yields 8)



### Ingredients:

1lb 93/7 lean ground turkey  
½ cup bell peppers  
¼ cup diced green onion  
½ can rotel  
1Tbsp Taco seasoning  
1Tbsp Worcestershire sauce  
Dash Tobasco (as much as you like)

### Instructions:

1. Place Turkey, peppers, taco seasoning, Worcestershire sauce, and Tobasco into mixing bowl. Mix until combined.
2. Form patties. Each should weight roughly 4 ounces.
3. Once all are formed, cook until about 165 dress or until cooked through. Enjoy!

### Nutrition Facts:

Calories:101 Fat: 4g Sat Fat:1g Fiber:1g Net Carbs:1g Sugar: 1g Sodium: 253g  
Cholesterol: 40mg