

Smoked Chipotle Cheddar Burger



Makes:

4 servings, as a main course

Utensil:

Saladmaster Food Processor

Smokeless Broiler

large mixing bowl

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Contributed By:

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Recipe Description:

Tomato, smoky chipotle, onion and garlic give these lean turkey burgers a delicious full flavor without the added fat. Stuff the burgers with shredded sharp cheddar cheese and top with your favorite burger accompaniments.

Saladmaster seasoning blends are *limited edition*.

16
ounces
lean ground turkey
(454
g)
1
onion, strung, use Cone #2 (approximately 1 cup)
2
cloves garlic, shredded, use Cone #1
2
teaspoons
Cherrywood Smoked Chipotle seasoning blend
(6
g)
2
tablespoons
ketchup
(34
g)
1/2
teaspoon
sea salt
(3
g)
2
ounces
sharp cheddar cheese or jack cheese, strung, use Cone #2
(57
g)
4
hamburger buns

Optional Topping:

leaf lettuce
pickled red onions or raw red onions, thinly sliced, use Cone #4
avocado slices
sliced tomato
cilantro, chopped

Directions:

1. Place ground turkey, onions, garlic, seasoning blend, ketchup and salt in a large bowl. Mix ingredients thoroughly to combine.
2. Form seasoned turkey meat into 4 evenly sized burgers. Make an indent in the middle of each burger with your thumb and place 1/4 of cheese in indent. Cover cheese with ground turkey meat and reform into a patty, making sure cheese is covered.

3. Place prepared turkey burgers on a plate and refrigerate for 10 - 12 minutes until firm.
4. Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
5. Plug in cord to electrical outlet and preheat for about 5 minutes.
6. Place formed burgers, evenly spaced, onto grill rack and cook for 12 - 15 minutes on each side or until internal temperature taken with a probe thermometer reaches 165°F/74°C.
7. Serve burgers hot with your choice of bun and toppings.

Tips:

- Cook a small "test" burger to check for seasoning before cooking the remainder of the burgers. Add in more salt, pepper, or more Cherrywood Smoked Chipotle seasoning if you like your burgers a little spicier.
- Substitute lean ground turkey for ground beef.

Nutritional Information per Serving

Calories:

361

Total Fat:

16g

Saturated Fat:

6g

Cholesterol:

99mg

Sodium:

497mg

Total Carbs:

28g

Dietary Fiber:

1g

Sugar:

5g

Protein:

28g

Analysis does not include optional ingredients