

Western Burgers

Ground Beef burgers with avocado, jalapeño pepper, cilantro and onion? Count us in!

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1 jalapeño pepper, seeded, chopped
- 2 teaspoons chopped onion
- 2 teaspoons finely chopped fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 Butter, romaine or iceberg lettuce leaves
- 1 onion, thinly sliced
- 1 tomato, sliced
- 1 avocado, sliced



25 Min 4 42 Cal 23g
Servings Protein

COOKING

1. Combine Ground Beef, jalapeño, onion, cilantro, salt and black pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
3. Place each burger on lettuce. Evenly top with onion, tomato and avocado. Wrap lettuce around burgers.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		19g	68mg		9g	23g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com