

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

Servings



42 Cal



23g

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	GLUTEN FREE	ALL NATURAL
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