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## Greek-Style Turkey Burgers

Prep Time: 5 mins  
Total Time: 15 mins  
Servings: 4

### Ingredients

1 lb. ground turkey  
1 cup crumbled feta cheese  
1/2 cup kalamata olive, chopped  
1 teaspoon dried oregano  
1 teaspoon Italian seasoning  
1 teaspoon dried parsley  
1 teaspoon dried basil  
1 teaspoon onion powder  
1/2 teaspoon garlic powder  
Ground black pepper, to taste

### Directions

1. Incorporate all ingredients in a mixing bowl.
2. Knead and form dough into 4 patties.
3. Grill burgers and serve with regular buns with mayo topped with lettuce and tomatoes

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (169 g)		Total Fat 18.4g	28%
Servings Per Recipe: 4		Saturated Fat 8.1g	40%
Amount Per Serving		Cholesterol 111.6mg	37%
Calories 290.6		Sugars 1.6 g	
Calories from Fat 166		Sodium 609.1mg	25%
		Total Carbohydrate 3.5g	1%
		Dietary Fiber 0.8g	3%
		Sugars 1.6 g	6%
		Protein 27.9g	55%

Variations:

- *Used finely chopped onion instead of onion powder and add some chopped fresh parsley instead of parsley flakes.*
- *Add up 1/3 cup minced red onion and use kalamata olives and fat free feta crumbles, replace dried herbs with fresh basil and oregano.*



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## Jalapeno Popper Burgers

Prep Time: 10 mins

Total Time: 25 mins

Servings: 6

### Ingredients

2 lbs. ground beef

1 tablespoon Worcestershire sauce

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/4 teaspoon black pepper

4 ounces cream cheese, softened

1/2 teaspoon dried ancho chile powder

1/2 teaspoon ground cumin

1 tablespoon dried onion flakes

1 -2 tablespoon minced jalapeno pepper, seeded,

### Directions

1. Combine meat, garlic powder, Worcestershire sauce, salt and pepper in a mixing bowl.
2. Knead and shape into 12 thin burger patties at least 4 inches in span.
3. Combine cream cheese, cumin, ancho chile, minced jalapeno, and dried onions together in a separate bowl.
4. Place the 6 patties in the cheese mixture. Unfolding the cheese mixture until the ½ inch burger border or edge.
5. Top each patty with cheese mixture with another patty. Fasten the borders or edges well.
6. Grill or roast the patties for 10-15 minutes or until done. Turn them once to cook both sides.

BURGER RECIPES

7. *Serve on bread buns or simply serve with shredded cheddar and guacamole.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (176 g)		Total Fat 29.2g	45%
Servings Per Recipe: 6		Saturated Fat 12.5g	62%
Amount Per Serving	% Daily Value	Cholesterol 123.6mg	41%
Calories 397.5		Sugars 1.2 g	
Calories from Fat 263	66%	Sodium 386.4mg	16%
		Total Carbohydrate 2.5g	0%
		Dietary Fiber 0.2g	1%
		Sugars 1.2 g	5%
		Protein 29.4g	58%

Variations:

- *Add up more jalapeno and some chopped green onions to the cream cheese mixture. Serve on buns with mayo, lettuce, tomato and onion slices.*
- *Use 2 whole jalapenos and replace ancho chile pepper seasoning with hot shot seasoning.*

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## ***Tasty Turkey Burgers***

*Prep Time: 10 mins*

*Total Time: 20 mins*

*Servings: 6*



### ***Ingredients***

*1 lb. ground turkey*

*1/2 cup dry breadcrumbs*

*3 tablespoons onions, minced*

*2 tablespoons ketchup*

*1 tablespoon lemon juice*

*1 teaspoon Worcestershire sauce*

*1 teaspoon soy sauce*

*1/4 teaspoon paprika*

*2 garlic cloves, minced*

*1/4 teaspoon liquid red pepper seasoning*

*Black pepper, to taste*

*6 hamburger buns, to serve*

BURGER RECIPES

Directions

1. Mix all the ingredients in a mixing bowl and knead into meat dough.
2. Mold dough into 6 patties.
3. Roast, pan fry or grill for 5 minutes for each side or until thoroughly cooked.
4. Serve on burger buns with tomatoes, lettuce, pickles, onion and mayo or serve with your favored toppings.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (144 g)		Total Fat 8.1g	12%
Servings Per Recipe: 6		Saturated Fat 2.1g	10%
Amount Per Serving	% Daily Value	Cholesterol 52.2mg	17%
Calories 278.0		Sugars 4.7 g	
Calories from Fat 73	26%	Sodium 437.0mg	18%
		Total Carbohydrate 30.2g	10%
		Dietary Fiber 1.4g	5%
		Sugars 4.7 g	19%
		Protein 20.5g	41%

Variations:

- Add in some pepper and salt. Omit liquid pepper seasoning and replace with liquid smoke.
- Omit the soy sauce and add up more garlic, pepper, parsley and add liquid smoke. Use ¼ cup panko bread crumbs and replace minced onions with true lemon powder.
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## **Tuna-Patty Burgers**

*Prep Time: 5 mins*

*Total Time: 13 mins*

*Servings: 4*



### **Ingredients**

*2 (6 1/2 ounce) cans tuna in water, drained*

*2 eggs, beaten*

*1 carrot, scraped and finely grated*

*1/4 cup Italian-style seasoned dry bread crumb*

*1 green onion, finely sliced*

*2 tablespoons chopped flat leaf parsley*

*1 pinch cayenne pepper*

*4 teaspoons olive oil*

*4 hamburger buns*

### **Directions**

BURGER RECIPES

1. Incorporate eggs, tuna, bread crumbs, carrot, cayenne, onion and parsley, in a large bowl. And knead into dough, and form into 4 patties.
2. Heat olive oil in a skillet over moderate heat. Fry tuna burgers for about 10 minutes, 5 minutes on each side.
3. Serve with your favored condiments or lettuce and mayo on burger buns

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (197 g)		Total Fat 12.0g	18%
Servings Per Recipe: 4		Saturated Fat 2.7g	13%
Amount Per Serving	% Daily Value	Cholesterol 133.6mg	44%
Calories 356.1		Sugars 4.0 g	
Calories from Fat 108	30%	Sodium 750.1mg	31%
		Total Carbohydrate 28.4g	9%
		Dietary Fiber 1.8g	7%
		Sugars 4.0 g	16%
		Protein 31.3g	62%

Variations:

- Add in about 1 tbsp. of oats soaked in carrot moisture and serve with gnocchi and fresh tomato salad.
- Omit cayenne and use parsley flakes instead of fresh parsley.

## BURGER RECIPES



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### Decked-Out Burgers

*Prep Time: 10 mins*  
*Total Time: 21 mins*  
*Servings: 6*

#### **Ingredients**

*1 cup shredded cheddar cheese*  
*1 (4 1/2 ounce) jars sliced mushrooms, drained*  
*1/3 cup mayonnaise*  
*6 slices bacon, cooked and crumbled*  
*1/4 cup finely chopped onion*  
*1/2 teaspoon salt*  
*1/2 teaspoon pepper*  
*1/4 teaspoon garlic powder*  
*1/4 teaspoon red pepper flakes*  
*1/8 teaspoon hot pepper sauce*  
*1 1/2 lbs. lean ground beef*

#### **Directions**

## BURGER RECIPES

1. Incorporate mushrooms, cheese, bacon and mayo in a mixing bowl with cover. Place bowl cover and chill.
2. In a separate bowl, incorporate salt, onion, garlic powder, pepper sauce and pepper
3. Stir in the ground beef. Blend well and then form into 6 dense patties.
4. Roast or grill over moderate heat for at least 4-5 minutes on every side.
5. Place a spoonful of the chilled cheese blend into each patty and grill again until the cheese liquefies.
6. Serve while it's hot on burger buns with tomato and lettuce.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (169 g)		Total Fat 25.6g	39%
Servings Per Recipe: 6		Saturated Fat 10.4g	52%
Amount Per Serving	% Daily Value	Cholesterol 102.3mg	34%
Calories 371.4		Sugars 1.6 g	
Calories from Fat 230	62%	Sodium 549.0mg	22%
		Total Carbohydrate 4.9g	1%
		Dietary Fiber 0.4g	1%
		Sugars 1.6 g	6%
		Protein 29.2g	58%

### Variations:

- Use temph bacon in replace to real bacon, and use grilled fresh mushroom pieces and mayo with Dijon mustard.
- Use maple leaf ready crisp bacon bits and use fresh mushrooms instead of canned, also use low fat mayo

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## **Moist Turkey Burgers for the Grill (Low Fat)**

*Prep Time: 4 hrs*

*Total Time: 4 hrs 12 mins*

*Servings: 8*



### ***Ingredients***

*2 lbs. ground turkey*

*1/2 cup finely shredded carrot*

*2 green onions, finely chopped*

*1 tablespoon finely minced fresh garlic*

*2 teaspoons seasoning salt*

*1 teaspoon black pepper*

*1/2 cup breadcrumbs*

BURGER RECIPES

2 eggs, slightly beaten

1/3-1/2 cup hickory-flavor barbecue sauce

1/2-1 teaspoon hot sauce

Directions

- 1. Combine ground turkey with the rest of ingredients. Blend well and knead.
- 2. Form into burger patties and put them in a plate. Seal with cling wrap or plastic wrap and refrigerate for minimum of 4 hours and maximum of 24 hours for best results.
- 3. Grill, roast or pan fry for 10-15 minutes or until done, turning once to cook both sides.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (156 g)		Total Fat 10.3g	15%
Servings Per Recipe: 8		Saturated Fat 2.7g	13%
Amount Per Serving		Cholesterol 124.8mg	41%
Calories 235.0		Sugars 3.6 g	
Calories from Fat 92		Sodium 235.2mg	9%
		Total Carbohydrate 10.3g	3%
		Dietary Fiber 0.7g	3%
		Sugars 3.6 g	14%
		Protein 25.0g	50%

Variations:

- Add jalapeno in replace to hot sauce, and use ground turkey breasts.
- Use more garlic and add up some red pepper flakes. Add up some dried chives instead of onions.

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## **Guinness Burgers**

*Prep Time: 5 mins*

*Total Time: 27 mins*

*Serves: 4, Yield: 4 drunken burgers*



### **Ingredients**

*1 1/4 lbs. ground beef*

*1 dash pepper*

*1/2 teaspoon Tabasco sauce*

*1 clove garlic, crushed*

*1/4 cup chili sauce*

*1/2 ounce package Knorr French onion soup mix*

*1/2 cup Guinness stout*

BURGER RECIPES

4 hamburger buns

Directions

1. Heat up your oven at 400 degrees F.
2. Incorporate pepper, meat, garlic, Tabasco sauce, chili sauce 1 ½ oz. Guinness and dry onion soup in a large mixing bowl.
3. Knead and form into four burger patties,
4. Bake patties in the preheated oven for at least 10 minutes.
5. Remove from the oven and drizzle with the rest of Guinness and place them back to the oven.
6. Bake further for 10-15 minutes more until the burgers are cooked through.
7. Serve with your desired condiments or trimmings

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (559 g)		Total Fat 23.1g	35%
Servings Per Recipe: 4		Saturated Fat 8.7g	43%
Amount Per Serving	% Daily Value	Cholesterol 96.3mg	32%
Calories 596.8		Sugars 4.4 g	
Calories from Fat 208	34%	Sodium 545.9mg	22%
		Total Carbohydrate 37.5g	12%
		Dietary Fiber 1.9g	7%
		Sugars 4.4 g	17%
		Protein 32.5g	65%

Variations:

- Use 1 ½ lbs. of ground chuck and cook over stove top.
- Use Heinz chili sauce and BBQ sauce to add more flavors.





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## ***Jalapeno-Red Bean-BBQ Burgers***

*Prep Time: 25 mins*

*Total Time: 31 mins*

*Servings: 4*

### ***Ingredients***

*1 teaspoon olive oil*

*1/2 cup minced onion*

*1/2 cup chopped and seeded plum tomato*

*1 teaspoon minced jalapeno chiles,*

*1 clove garlic, minced*

*1 teaspoon chili powder*

*1 (15 ounce) cans kidney beans, rinsed, well drained*

*1/4 cup dry breadcrumbs*

*2 tablespoons barbecue sauce*

## **BURGER RECIPES**

*1 egg white, beaten*

*4 whole grain buns, toasted*

### **Toppings**

*4 slices cheddar cheese*

*4 leaves lettuce*

*4 slices thick tomatoes*

*Avocado, slices*

*Barbecue sauce*

### **Directions**

1. *Using a nonstick skillet, heat the oil over moderate heat. Sauté onions, jalapeno, plum tomato, chili powder and garlic for about 5 minutes. turn off heat to cool*
2. *Using a fork, mash the beans roughly in a bowl, incorporate with the sautéed onion mixture, 2 tbsp. of BBQ sauce, egg white and bread crumbs.*
3. *Form mixture into 4 dense patties. Place patties into plate or container with cover and chill for at least 4 hours.*
4. *Once ready, spray grill with cooking spray and fire up charcoals to moderate heat if grilling outside. Grill for 10 minutes turning once to cook both sides.*
5. *Fry in a nonstick skillet with oil if pan frying and fry for at least 5 minutes on each side over moderate heat.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (239 g)		Total Fat 11.6g	17%
Servings Per Recipe: 4		Saturated Fat 6.3g	31%
Amount Per Serving		Cholesterol 29.4mg	9%
		Sugars 6.6 g	
Calories 273.8		Sodium 630.7mg	26%
Calories from Fat 104		Total Carbohydrate 27.6g	9%
		Dietary Fiber 7.1g	28%
		Sugars 6.6 g	26%
		Protein 15.1g	30%

Variations:

- Use black beans instead of kidney beans and add up some chopped green bell pepper.
- Add up some Cajun and cayenne spices for a kick.

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Va Voom Veggie Burgers

Prep Time: 15 mins  
Total Time: 27 mins  
Yield: 5 patties

## BURGER RECIPES



### ***Ingredients***

*1 cup cooked pureed white beans, including some liquid*

*1 cup cooked brown rice*

*1/2 cup uncooked Quaker multigrain cereal*

*1 cup cornbread stuffing mix*

*1 tablespoon parsley*

*1/2 cup chopped onion*

*1 tablespoon soy sauce*

### ***Directions***

- 1. Combine all the ingredients in a mixing bowl.*
- 2. Form into 5 patties.*
- 3. Fry using a skillet with olive oil over low-medium heat until each burger sides is cooked through*
- 4. Serve on burger buns with tomatoes, lettuce and grilled onions.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (559 g)		Total Fat 0.5g	0%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 112.2		Sugars 0.9 g	
Calories from Fat 4	89%	Sodium 205.1mg	8%
		Total Carbohydrate 22.0g	7%
		Dietary Fiber 3.5g	14%
		Sugars 0.9 g	3%
		Protein 5.2g	10%

Variations:

- Use combination of chickpeas and black beans for the beans
- Omit the oats and substitute the stuffing mix with garlic flavored croutons and 1 packet of onion soup mix. Also add some pinches of crushed red pepper.

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## Island Honey Burgers

*Prep Time: 20 mins*

*Total Time: 32 mins*

*Servings: 8*

### Ingredients

*2 lbs. ground beef*

*1/2 cup honey*

*1/4 teaspoon ground cinnamon*

*1/4 teaspoon paprika*

*1/4 teaspoon curry powder*

*1/8 teaspoon ground ginger*

*1/8 teaspoon ground nutmeg*

*1/4 cup soy sauce*

*1 (23 ounce) cans sliced pineapple, drained*

*8 hamburger buns, split and toasted*

*Lettuce leaf*

### Directions

- 1. Mix ground beef, ground nutmeg, honey, ground cinnamon, paprika, ground curry powder and ground ginger in a mixing bowl. Blend well.*
- 2. Form into 8 burger patties.*
- 3. Grill or roast over moderate heat for about 3 minutes on every side.*
- 4. Graze several times with soy sauce and grill or roast further for about 6 minutes until dried*
- 5. In the remaining four minutes of grilling, grill pineapple slices until brownish.*
- 6. Serve grilled pineapples and burgers on hamburger buns. Top with your desired condiments.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (268 g)		Total Fat 19.0g	29%
Servings Per Recipe: 8		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 77.1mg	25%
Calories 475.2		Sugars 28.2 g	
Calories from Fat 171	36%	Sodium 785.3mg	32%
		Total Carbohydrate 50.0g	16%
		Dietary Fiber 2.2g	9%
		Sugars 28.2 g	113%
		Protein 26.6g	53%

Variations:

- Use fresh pineapple slices and grill buns before serving.
- Use ground turkey for the meat.

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## Turkey Burgers

*Prep Time: 5 mins*

*Total Time: 15 mins*

*Servings: 4*



### **Ingredients**

*3/4 lb. ground turkey*

*2 scallions or 2 green onions, chopped*

*1 tablespoon soy sauce*

*1 tablespoon ketchup*

*1/4 teaspoon garlic powder*

*1/4 teaspoon pepper*

*1/3 cup Monterey jack cheese*

### **Directions**

1. Incorporate ground turkey, soy sauce, scallions, garlic powder, ketchup, and pepper in a mixing bowl.
2. Stir in the cheese and blend well.
3. Form into burger patties.
4. Pan fry burgers in a skillet with oil and fry both sides until cooked through
5. Serve with tomatoes and lettuce on burger buns.



Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (110 g)		Total Fat 9.4g	14%
Servings Per Recipe: 4		Saturated Fat 3.5g	17%
Amount Per Serving	% Daily Value	Cholesterol 67.1mg	22%
Calories 170.8		Sugars 1.1 g	
Calories from Fat 84	49%	Sodium 394.2mg	16%
		Total Carbohydrate 2.0g	0%
		Dietary Fiber 0.3g	1%
		Sugars 1.1 g	4%
		Protein 19.7g	39%

Variations:

- Omit the cheese and add bread crumbs instead. Chill for few hours patties before frying
- Use minced onions instead of green onions.

## Grilled Teriyaki Burgers

*Prep Time: 15 mins*

*Total Time: 25 mins*

*Servings: 6*



### **Ingredients**

*1/4 cup soy sauce*

*1/4 cup honey*

*2 cloves garlic, pressed*

*1 teaspoon ginger*

*1/3 cup mayonnaise*

*2 lbs. ground chuck*

*1/2 teaspoon salt*

*1/4 teaspoon pepper*

*6 hamburger buns*

### **Directions**

- 1. Combine first four ingredients. Add in 2 tsp. of soy sauce mixture with the mayonnaise and reserve.*
- 2. Incorporate 1/3 cup soy sauce blend with broth, beef, pepper and salt, and then form into burger patties.*
- 3. Graze the patties with the rest of soy sauce blend and grill over moderate-extreme heat for about 4 minutes on every side until the beef is cooked through.*
- 4. Spray burger buns with cooking spray and grill with the sliced portion facing the grill for about 2 minutes.*

BURGER RECIPES

5. Coat buns with the reserved mayonnaise mixture and stuff with the patties. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (222 g)		Total Fat 27.7g	42%
Servings Per Recipe: 6		Saturated Fat 10.7g	53%
Amount Per Serving	% Daily Value	Cholesterol 104.3mg	34%
Calories 517.5		Sugars 14.5 g	
Calories from Fat 249	48%	Sodium 1157.1mg	48%
		Total Carbohydrate 34.1g	11%
		Dietary Fiber 1.1g	4%
		Sugars 14.5 g	58%
		Protein 31.7g	63%

Variations:

- Use lean ground beef and serve with jack cheese, avocado, grilled pineapple, tomato and lettuce.
- Use ground venison and add up some diced water chestnuts.

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## Veggie Burgers

*Prep Time: 20 mins*

*Total Time: 30 mins*

*Serves: 4, Yield: 4 burgers*

### Ingredients

- 4 tablespoons hickory barbecue sauce*
- 1 tablespoon molasses*
- 1 (15 ounce) cans black beans, drained*
- 2 cups cooked brown rice*
- 1 tablespoon oat bran*
- 2 tablespoons onions, finely chopped*
- 1 tablespoon finely chopped canned beets*
- 1 teaspoon beet juice*
- 1 teaspoon chili powder*
- 1/4 teaspoon ground cumin*
- 1/4 teaspoon black pepper*
- 1 teaspoon kosher salt*
- 1 tablespoon pickled jalapeno pepper, chopped*
- 1 egg white,*
- 2 teaspoons olive oil*
- 4 slices Monterey jack cheese*

### Directions

- 1. Incorporate molasses and BBQ sauce together. Reserve.*

## BURGER RECIPES

2. *Mash the beans in a bowl. Add in 3 tbsp. BBQ-molasses mixture and then add the rest of ingredients and form 4(6oz.) burger patties.*
3. *Using a nonstick skillet, heat oil over moderate heat and then fry burgers for 2 minutes on each side brushing the patties with the BBQ-molasses mixture while turning.*
4. *Place Monterey jack cheese on top and cook further for about 2 minutes until the cheese liquefies.*
5. *Serve on buttered burger buns with lettuce, pickles, tomatoes, mustard and onions.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (246 g)		Total Fat 3.8g	5%
Servings Per Recipe: 4		Saturated Fat 0.6g	3%
Amount Per Serving		Cholesterol 0.0mg	0%
Calories 281.4		Sugars 7.2 g	
Calories from Fat 34		Sodium 631.2mg	26%
	12%	Total Carbohydrate 52.5g	17%
		Dietary Fiber 9.2g	36%
		Sugars 7.2 g	28%
		Protein 10.4g	20%

### Variations:

- *Use 1 cup of bread crumbs and 2 eggs. Add 1 tbsp. honey and then roast onions and beets before adding to the mixture.*
- *Use brown rice, chopped black beans, oat cereal, fresh garlic, white onions. Jalapenos and season with salt and pepper. Use honey, hoisin, molasses and soy for the glaze.*



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## The Bomb Burgers

Prep Time: 15 mins

Total Time: 30 mins

Servings: 5

### Ingredients

- 1 lb. lean hamburger
- 1/4 cup breadcrumbs
- 1/4 cup chopped green onion
- 3 teaspoons chopped coriander
- 2 teaspoons hoisin sauce
- 2 teaspoons minced garlic
- 1 1/2 teaspoons minced gingerroot
- 1 egg
- 2 teaspoons water
- 2 teaspoons hoisin sauce
- 1 teaspoon sesame oil

### Directions

1. Mix the beef with green onions, bread crumbs, hoisin sauce, coriander, ginger, garlic and egg in a mixing bowl. Blend well and then shape into 5 burger patties.
2. Make a small hole at the center of the burger, reserve.

BURGER RECIPES

- 3. Combine water, sesame and hoisin in a small mixing bowl.
- 4. Put burger patties in heated grill and glaze top with the hoisin mixture.
- 5. Turn patties after about 7 minutes and glaze again. Grill until patties are cooked through.
- 6. Serve with your favored condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (120 g)		Total Fat 11.3g	17%
Servings Per Recipe: 5		Saturated Fat 4.2g	21%
Amount Per Serving	% Daily Value	Cholesterol 96.2mg	32%
Calories 216.3		Sugars 1.6 g	
Calories from Fat 102	47%	Sodium 183.0mg	7%
		Total Carbohydrate 6.6g	2%
		Dietary Fiber 0.5g	2%
		Sugars 1.6 g	6%
		Protein 20.4g	40%

Variations:

- Use a combination of buffalo and beef for the meat and omit the ginger, add come chopped water chestnuts instead.
- Add up more garlic, hoisin, and black bean paste. Serve with juicy slices of Vidalia onions.
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## ***Tuna Patties Cake Burgers***

*Prep Time: 5 mins*

*Total Time: 10 mins*

*Yield: 9 patties*



### ***Ingredients***

*2 (6 ounce) cans tuna*

*1 package seasoned stuffing mix*

*2 eggs*

*1/3 cup mayonnaise*

*1/2 teaspoon dill weeds*

*Oil for frying*

### ***Directions***

- 1. Incorporate seasoning and stuffing in a large mixing bowl.*
- 2. Add up the remaining ingredients aside from the oil and mash with fork.*



BURGER RECIPES

- 3. Form into burger patties and fry in a skillet with oil over moderate heat for at least 5 minutes on every side or until cooked through.
- 4. Serve on buns with dill sauce or cocktail sauce. Or serve it with your favored condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (610 g)		Total Fat 6.4g	9%
Servings Per Recipe: 1		Saturated Fat 1.4g	7%
Amount Per Serving	% Daily Value	Cholesterol 58.1mg	19%
Calories 177.1		Sugars 2.1 g	
Calories from Fat 58	32%	Sodium 357.7mg	14%
		Total Carbohydrate 16.5g	5%
		Dietary Fiber 0.6g	2%
		Sugars 2.1 g	8%
		Protein 12.3g	24%

Variations:

- Divide the recipe into two. Add up onion powder, dash of sweet chili sauce, and black pepper. Serve with pita pocket.
- Add up 1 (14oz) bag of cornbread stuffing and use 5 eggs and extra mayo. Add up some caramelized onion and some fresh garlic.



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## Sweet Potato Burgers Avocado Salsa and Garlic Spread

Prep Time: 1 hr 30 mins

Total Time: 1 hr 50 mins

Serves: 4, Yield: 4 burgers

### Ingredients

2 sweet potatoes

2 garlic heads

1 cup canned cannellini

1/2 cup panko breadcrumbs

1 large egg, lightly beaten

1 teaspoon paprika

1 teaspoon onion powder

1 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon cinnamon

1/8 teaspoon ground cumin

1/4 teaspoon garlic powder

2 -3 tablespoons olive oil

1 avocado, sliced

1/2 cup sweet corn

## **BURGER RECIPES**

*1 teaspoon chopped fresh cilantro*

*1 tablespoon lemon juice*

*2/3 cup reduced-fat sour cream*

*1 tablespoon honey*

*1 tablespoon heavy cream*

*Salt and pepper*

*4 whole grain buns*

*Reynolds Wrap Foil*

### **Directions**

1. *Heat up your oven at 375 degrees F.*
2. *Wash sweet potatoes and wrap up with foil. Poke numerous times using a fork and bake in the preheated oven for 1 hour or until done.*
3. *Meanwhile, get 2 garlic bulbs and cut about ¼ inch at the bulb top, and drop a little amount of olive oil. Wrap with foil and then place in the oven.*
4. *Bake together with the sweet potatoes for 30 minutes.*
5. *When both are cooked, remove from the oven and let cool.*
6. *Once ready, mash sweet potatoes together with the cannellini beans in a large mixing bowl.*
7. *Mix in the egg, panko and spices. Blend mixture well and then chill for 20 minutes.*
8. *For the meantime while chilling the mixture, incorporate the baked garlic bulbs with sour cream, heavy cream, and honey. Season with salt and pepper. Mix well and set aside.*
9. *Cut the avocado into tiny pieces, place in a bowl and mix with lemon juice, sweet corn and cilantro for the topping. Set aside.*
10. *Using a large pan or skillet, heat olive oil over moderate heat.*
11. *Shape the chilled patty mixture into 4 patties and then fry once the oil is hot.*
12. *Fry every side for 6-7 minutes or until done.*
13. *Place each patty into individual burger buns and garnish with garlic cream sauce and avocado mixture. Top with some lettuce, onions, and tomatoes if liked.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (304 g)		Total Fat 22.8g	35%
Servings Per Recipe: 4		Saturated Fat 6.5g	32%
Amount Per Serving		Cholesterol 67.3mg	22%
Calories 471.0		Sugars 9.4 g	
Calories from Fat 206		Sodium 765.4mg	31%
	43%	Total Carbohydrate 57.5g	19%
		Dietary Fiber 10.4g	41%
		Sugars 9.4 g	37%
		Protein 13.2g	26%

Variations:

- Use black beans instead of cannellini and use chopped fresh garlic and onion instead of powder.

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## **Easy Honey Ranch Burgers**

*Prep Time: 5 mins*

*Total Time: 25 mins*

*Servings: 4*



### **Ingredients**

*1 lb. ground beef*

*1 (1 ounce) envelope ranch dressing mix*

*2 tablespoons honey Dijon mustard*

*1 cup shredded Colby-Monterey jack cheese*

### **Directions**

- 1. Combine all the ingredients in a mixing bowl.*
- 2. Form into burger patties about 4 pieces.*
- 3. Grill, or pan fry until cooked through.*
- 4. Serve with your desired toppings or garnish.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (141 g)		Total Fat 25.5g	39%
Servings Per Recipe: 4		Saturated Fat 12.0g	60%
Amount Per Serving	% Daily Value	Cholesterol 102.2mg	34%
Calories 349.1		Sugars 0.1 g	
Calories from Fat 230	65%	Sodium 226.2mg	9%
		Total Carbohydrate 0.1g	0%
		Dietary Fiber 0.0g	0%
		Sugars 0.1 g	0%
		Protein 28.0g	56%

Variations:

- Use a mixture of lean ground beef and ground turkey. Add up some bread crumbs for easier molding of the patties.
- Use regular Dijon mustard instead of honey and just add up little amount of pure honey, serve on toasted burger buns with garlic spread

## **Ground Chicken Burgers**

*Prep Time: 5 mins*

*Total Time: 15 mins*

*Servings: 4*



### ***Ingredients***

*1 lb. ground chicken*

*1/2 cup mozzarella cheese, grated*

*5 tablespoons breadcrumbs*

*1/4 cup barbecue sauce*

### ***Directions***

- 1. Incorporate all the ingredients except the half of barbecue sauce in a mixing bowl.*
- 2. Grill on the prepared BBQ grill until both sides are cooked through. Brush with the remaining BBQ sauce while grilling.*
- 3. Serve and enjoy with your favorite condiments*

BURGER RECIPES

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (160 g)		Total Fat 13.3g	20%
Servings Per Recipe: 4		Saturated Fat 4.6g	23%
Amount Per Serving	% Daily Value	Cholesterol 108.5mg	36%
Calories 297.7		Sugars 5.3 g	
Calories from Fat 119	40%	Sodium 418.0mg	17%
		Total Carbohydrate 18.7g	6%
		Dietary Fiber 0.8g	3%
		Sugars 5.3 g	21%
		Protein 25.2g	50%

Variations:

- Add some spice to your burger patty by adding a pinch of paprika, and some chopped onions. Also add up some garlic seasoning and dill with breadcrumbs.
- Use ¾ cup fresh mozzarella cheese and a little salt and pepper to taste. Also use Italian bread crumbs.



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## Easy Veggie Burgers

Prep Time: 5 mins

Total Time: 13 mins

Servings: 6

### Ingredients

19 ounces black beans

1/3 cup onion, coarsely chopped

1 garlic clove, minced

1 egg

3 tablespoons barbecue sauce

1 tablespoon Worcestershire sauce

1 teaspoon canola oil

1/2 teaspoon salt

1/2 teaspoon pepper, freshly ground

1/3 cup all-purpose flour

1/2 cup dry breadcrumbs

1/2 cup old cheddar cheese, shredded

6 crusty bread rolls

### Directions

1. Wash and drain beans very well.
2. In a food processor, combine beans, egg, garlic, 2 tbsp. BBQ sauce, oil, Worcestershire sauce, pepper and salt. Process until the beans are pea like in size
3. Transfer mixture into a large mixing bowl and then add flour. Mix very well.

BURGER RECIPES

- 4. Add in bread crumbs and mix again. Stir in cheese and knead to form patty dough.
- 5. Equally divide into six patties. Place patties in a plate and cover. Chill for few hours.
- 6. Once ready, heat up your grill to moderate heat and then grill the burgers.
- 7. Glaze your burgers with the rest of BBQ sauce and grill for about 8-10 minutes or until both sides are fully cooked.
- 8. Serve on burger buns with your favored toppings and condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (178 g)		Total Fat 8.5g	13%
Servings Per Recipe: 6		Saturated Fat 3.2g	16%
Amount Per Serving	% Daily Value	Cholesterol 42.5mg	14%
Calories 394.5		Sugars 4.3 g	
Calories from Fat 77	19%	Sodium 742.4mg	30%
		Total Carbohydrate 61.7g	20%
		Dietary Fiber 7.8g	31%
		Sugars 4.3 g	17%
		Protein 17.2g	34%

Variations:

- Use a can of Amy’s black refined beans and use oats instead of bread crumbs. Substitute flour with cornmeal to make it gluten free and use Italian Cheese.
- Use 15 ½ ounces can of black beans and replace flour with cornmeal, use 3 tbsp. ketchup instead of BBQ sauce and replace Worcestershire with steak sauce.

## BURGER RECIPES



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### Carrot Burgers

*Prep Time: 5 mins  
Total Time: 15 mins  
Servings: 4*

#### **Ingredients**

*5 medium carrots, shredded  
1 small yellow onion, finely chopped  
3 tablespoons flour  
2 tablespoons cornmeal  
1 egg, lightly beaten  
2 tablespoons milk  
1 teaspoon dried dill weed  
1/2 teaspoon sugar  
1/2 teaspoon salt  
1/4 teaspoon baking powder  
1/8 teaspoon black pepper  
2 tablespoons margarine  
1 tablespoon olive oil*

#### **Directions**

BURGER RECIPES

1. Combine carrots, flour, onions, milk, egg, cornmeal, baking powder, sugar, dill, pepper and salt in a large mixing bowl. Mold into 8 individual patties and then place in a plate and enclose with cling wrap. Chill for about an hour or more.
2. Melt margarine in a skillet over high heat; lessen the heat after 1 minute and then fry the patties for 5-8 minutes for every side or until fully cooked. Drain excess oil using paper towels before serving.
3. Serve with mixed green salad or with a burger bun with maple syrup.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (135 g)		Total Fat 10.9g	16%
Servings Per Recipe: 4		Saturated Fat 2.2g	11%
Amount Per Serving	% Daily Value	Cholesterol 47.5mg	15%
Calories 179.6		Sugars 4.9 g	
Calories from Fat 98	54%	Sodium 456.7mg	19%
		Total Carbohydrate 17.6g	5%
		Dietary Fiber 2.9g	11%
		Sugars 4.9 g	19%
		Protein 3.7g	7%

Variations:

- Omit the sugar and add ¼ tsp. chili powder and add in some garlic powder for more flavors. Use flax egg.
- Add up ½ tsp. garlic powder and 1 tbsp. of bread crumbs.

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## ***Cream Cheese Stuffed Garlic Burgers***

*Prep Time: 15 mins*

*Total Time: 25 mins*

*Servings: 6*



### ***Ingredients***

*2 lbs. hamburger meat*

*10 tablespoons instant minced garlic*

*1/2 teaspoon salt*

*1/4 teaspoon ground pepper*

*6 ounces cream cheese with garlic and herbs*

### ***Directions***

1. *Combine hamburger meat with garlic, pepper, and salt. Knead with your hands until well combined.*
2. *Divide into 12 individual patties having 1 inch thickness.*

BURGER RECIPES

- 3. Place cream cheese in the middle of 6 patties and spread for about ¼ inch from the burger edge.
- 4. Top each patty with another patty making six sets of patty sandwich; fasten the edges by pinching the edges gently.
- 5. Grill or roast over moderate-extreme heat until both sides are cooked through.
- 6. Serve with your desired toppings and condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (165 g)		Total Fat 22.7g	35%
Servings Per Recipe: 6		Saturated Fat 8.8g	44%
Amount Per Serving		Cholesterol 102.8mg	34%
		Sugars 0.1 g	
Calories 346.0		Sodium 295.9mg	12%
Calories from Fat 204	59%	Total Carbohydrate 4.6g	1%
		Dietary Fiber 0.3g	1%
		Sugars 0.1 g	0%
		Protein 29.0g	57%

Variations:

- Use ground turkey for the meat. Use 3 tbsp. minced garlic and add up some garlic powder and onion powder for more flavors. And use onion and chive cream cheese for the herb cream cheese.
- Replace garlic herb cream cheese with softened cream cheese with some chopped green onion, minced garlic and a dash of garlic and herb seasoning.



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## *Tuna Burgers*

*Prep Time: 10 mins*  
*Total Time: 25 mins*  
*Servings: 4*

### ***Ingredients***

*1 (6 ounce) cans tuna in water*  
*3 tablespoons fresh breadcrumbs*  
*1 tablespoon pickle relish*  
*3 tablespoons Egg Beaters egg substitute*  
*1 teaspoon pimienta*  
*1 green onion, chopped*  
*1 small celery, chopped*  
*1 tablespoon light mayonnaise*  
*1 teaspoon Dijon mustard*  
*1 teaspoon Old Bay Seasoning*  
*1 dash Tabasco sauce*  
*1 small green pepper, chopped*  
*4 -5 slices cheddar cheese*



BURGER RECIPES

Hamburger bun

Directions

1. Drain the tuna and set aside.
2. Combine the rest of ingredients one at a time in a bowl aside from the rolls and cheese.
3. Add in tuna and knead to form patties.
4. Heat the skillet over moderate heat and then spray with cooking spray or put 1 tsp. of oil. Fry patties once the oil is hot.
5. Fry each side for about 5 minutes or until fully cooked.
6. Top each patty with cheese until the cheese melts.
7. Stuff burger buns with the patties and serve with tomato and lettuce with mustard as condiment.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (113 g)		Total Fat 2.9g	4%
Servings Per Recipe: 4		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 20.0mg	6%
Calories 97.2		Sugars 1.7 g	
Calories from Fat 26	26%	Sodium 283.7mg	11%
		Total Carbohydrate 5.7g	1%
		Dietary Fiber 0.4g	1%
		Sugars 1.7 g	6%
		Protein 11.4g	22%

Variations:

- Add up some bread crumbs and use Italian seasoning for the Old bay seasoning.
- Use frank’s hot sauce for the Tabasco. Add up more seasoning.





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## ***Blue Moon Burgers***

*Prep Time: 10 mins*

*Total Time: 20 mins*

*Servings: 4*

### ***Ingredients***

*1 lb. ground beef*

*4 large toasted hamburger buns*

*4 ounces crumbled blue cheese*

*4 ounces softened cream cheese*

*4 slices Monterey jack cheese*

### ***Toppings***

*Mayonnaise*

*Shaved onion*

*Lettuce*

*Tomato*

BURGER RECIPES

Directions

1. Incorporate cream cheese and blue cheese. Mix well and reserve.
2. Shape the ground beef into 4 patties. Season with salt and pepper if favored.
3. Fry in a skillet with oil until both sides are fully cooked.
4. Once ready spread ¼ of the cream cheese mixture in each of the burger.
5. Place cheese slices on top of each patty allow the cheese to melt.
6. Put mayo into the toasted buns and then stuff with burger patties.
7. Place the remaining garnish and serve.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (241 g)		Total Fat 45.2g	69%
Servings Per Recipe: 4		Saturated Fat 23.2g	116%
Amount Per Serving		Cholesterol 154.5mg	51%
Calories 665.6		Sugars 3.8 g	
Calories from Fat 407		Sodium 918.2mg	38%
		Total Carbohydrate 23.2g	7%
		Dietary Fiber 0.9g	3%
		Sugars 3.8 g	15%
		Protein 39.7g	79%

Variations:

- Season the beef with Worcestershire sauce and 1 tbsp. of McCormick’s grill master seasoning before shaping into patties.
- Use some breadcrumbs for easier molding of patties. And season with Italian seasoning for more flavors.

## BURGER RECIPES



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### **Bushka Burgers**

*Prep Time: 45 mins*

*Total Time: 55 mins*

*Servings: 8*

#### **Ingredients**

*2 lbs. lean ground beef*

*1 egg, beaten*

*1 medium onion, finely chopped*

*2 cloves garlic, minced*

*1/4 cup ketchup*

*2 tablespoons butter, softened*

*1 tablespoon fresh parsley, chopped*

*1 tablespoon liquid smoke*

*1 tablespoon Dijon mustard*

BURGER RECIPES

1 tablespoon Worcestershire sauce

Kosher salt

Fresh ground black pepper

8 large hamburger buns

1/2 cup melted butter

Directions

- 1. Combine beef, onion, egg, ketchup, garlic, 2 tbsp. butter, Dijon mustard, parsley, liquid smoke, and Worcestershire sauce in a bowl. Season with salt and pepper.
- 2. Shape into 8 individual patties and cover each with wax paper. Place burger patties in an airtight container and chill to stiffen the patties.
- 3. Heat up the grill at moderate heat and then grill the patties until both sides are cooked through.
- 4. Glaze patties with butter while grilling.
- 5. Serve with your desired toppings and condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (206 g)		Total Fat 28.3g	43%
Servings Per Recipe: 8		Saturated Fat 14.3g	71%
Amount Per Serving	% Daily Value	Cholesterol 135.0mg	45%
Calories 472.6		Sugars 5.2 g	
Calories from Fat 254	53%	Sodium 542.9mg	22%
		Total Carbohydrate 25.2g	8%
		Dietary Fiber 1.2g	5%
		Sugars 5.2 g	21%
		Protein 28.1g	56%

Variations:

Use smoky BBQ sauce in place of liquid smoke top with tomato and onion

## BURGER RECIPES



*Add up bread crumbs to the mixture and use lean ground beef.*

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## Gyro Burgers

*Prep Time: 2 hrs*

*Total Time: 2 hrs 15 mins*

*Servings: 4-6*

### **Ingredients**

#### **For the Meat Mixture**

*3/4 lb. lean ground lamb*

*1/2 lb. lean ground beef*

*1 cup fresh breadcrumb*

*1/2 cup minced onion*

*1 garlic clove, minced*

*1/2 teaspoon ground allspice*

*1/2 teaspoon ground coriander*

*1/2 teaspoon ground cumin*

## **BURGER RECIPES**

*1 teaspoon salt*

*1/8 teaspoon ground black pepper*

### ***For the Topping Mixture***

*2 tablespoons red wine vinegar*

*1/2 teaspoon dried oregano*

*1/4 teaspoon salt*

*1/8 teaspoon ground black pepper*

*1/3 cup olive oil*

*4 plum tomatoes, chopped*

*1 small onion, slivered*

*1 small cucumber, seeded & chopped*

### ***For serving***

*1/2 head romaine lettuce, shredded*

*1 cup tzatziki*

*4 pita pockets*

### ***Directions***

- 1. Mix beef, lamb, bread crumbs, garlic, minced onion, cumin, coriander, and all spice in a mixing bowl.*
- 2. Season mixture with salt and pepper according to desired taste. Shape into 4 burger patties and refrigerate for 2 hours to stiffen the patties.*
- 3. For the topping: In a separate bowl, beat oregano, vinegar, 1/8 tsp. pepper and ¼ tsp. salt in a bowl. Slowly add in the oil and beat until well combined.*
- 4. Stir in tomatoes, cucumbers and onions. Toss to coat. Cover mixture and let set for about 2 hours.*
- 5. Once the patties are ready, heat up and oil the grill. Grill patties for about 10-15 minutes turning once to cook both sides or until both sides are fully cooked.*
- 6. Once the burgers are cooked, separate pita pockets and grill for a bit.*
- 7. Stuff burgers inside the pita pockets, and serve with the prepared tomato topping with some lettuce and tzatziki on the side.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (340 g)		Total Fat 46.4g	71%
Servings Per Recipe: 4		Saturated Fat 14.0g	70%
Amount Per Serving	% Daily Value	Cholesterol 99.2mg	33%
Calories 827.6		Sugars 7.8 g	
Calories from Fat 417	50%	Sodium 1348.0mg	56%
		Total Carbohydrate 64.9g	21%
		Dietary Fiber 6.2g	24%
		Sugars 7.8 g	31%
		Protein 37.1g	74%

Variations:

- Use 2 ½ lbs. beef and add up some extra spices.
- Try using ground turkey for the meat

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Garlic Burgers

Prep Time: 15 mins  
Total Time: 35 mins  
Servings: 6

## **BURGER RECIPES**



### ***Ingredients***

*2 lbs. ground sirloin*

*2 -3 garlic cloves, finely diced*

*1 teaspoon sea salt*

*4 teaspoons liquid smoke flavoring*

*2 teaspoons soy sauce*

*1 teaspoon fresh ground black pepper*

*1 medium onion, diced finely*

*Sharp cheddar cheese*

### ***Directions***

- 1. Combine the ingredients aside from the cheese in a large bowl.*
- 2. Knead and shape into patties.*
- 3. Grill, roast or pan fry until fully cooked.*
- 4. Stuff into burger buns or pita and top with the cheese and other toppings you desire.*
- 5. Serve and enjoy!*



Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (173 g)		Total Fat 15.1g	23%
Servings Per Recipe: 6		Saturated Fat 6.1g	30%
Amount Per Serving	% Daily Value	Cholesterol 98.2mg	32%
Calories 277.0		Sugars 0.8 g	
Calories from Fat 136	49%	Sodium 600.0mg	25%
		Total Carbohydrate 2.4g	0%
		Dietary Fiber 0.4g	1%
		Sugars 0.8 g	3%
		Protein 30.7g	61%

Variations:

- Use 3 cloves of garlic and use smoky BBQ sauce for the liquid smoke. Add up little amount of soy sauce. Use ground turkey for the meat.
- Use lean ground beef and dice the onions finely. Add up some thyme and sage to the burger mixture and some mushrooms too.



## **Pacific Rim Chicken Burgers with Ginger Mayonnaise**

*Prep Time: 15 mins  
Total Time: 25 mins  
Servings: 4*

### **Ingredients**

- 1 1/4 lbs. ground chicken*
- 2/3 cup panko breadcrumbs*
- 1 egg, lightly beaten*
- 2 green onions, thinly sliced*
- 3 tablespoons chopped cilantro*
- 1 clove garlic, minced*
- 1 teaspoon Asian hot chili sauce*
- 1 teaspoon salt*
- 1 tablespoon vegetable oil*
- 1/2 cup bottled teriyaki sauce*
- 4 teaspoons honey*
- 4 hamburger buns with sesame seeds, split and toasted*
- 4 leave red leaf lettuce*
- 1 cucumber, peeled, seeded, halved and thinly sliced lengthwise*

### **Ginger Mayonnaise**

- 1/2 cup mayonnaise*
- 2 teaspoons sweet pickle relish*
- 2 teaspoons minced fresh ginger*
- 2 teaspoons lime juice*
- 1 clove garlic, minced*

BURGER RECIPES

1/4 teaspoon salt

Directions

1. Combine chicken with egg, panko, cilantro, onions, garlic, salt and chili sauce. Knead and form mixture into patties about 4 pieces.
  2. In a small mixing bowl, combine honey and teriyaki glaze together. Set aside.
  3. Using a nonstick frying pan or skillet heat 1 tbsp. oil and then heat at moderate heat. Fry chicken patties turning once while grazing with the prepared glaze for about 10 minutes or until done.
  4. Stuff toasted burger buns smeared with ginger mayonnaise with the patties and top with cucumbers.
  5. Décor with some cilantro and more cucumber slices.
- For the ginger mayonnaise: combine all ingredients in a bowl. Mix very well.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (373 g)		Total Fat 28.8g	44%
Servings Per Recipe: 4		Saturated Fat 6.2g	31%
Amount Per Serving	% Daily Value	Cholesterol 176.0mg	58%
Calories 633.0		Sugars 18.8 g	
Calories from Fat 259	41%	Sodium 2815.4mg	117%
		Total Carbohydrate 58.1g	19%
		Dietary Fiber 2.6g	10%
		Sugars 18.8 g	75%
		Protein 36.2g	72%

Variations:

- Use regular bread crumbs instead of panko, and use ground turkey in place of chicken.
- Omit the hot sauce and serve with light mayo instead of ginger mayo. Top with lettuce and cucumber slices.

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## Fourth of July Burgers

*Prep Time: 30 mins*

*Total Time: 40 mins*

*Servings: 8*



### ***Ingredients***

*2 lbs. ground beef*

*1 cup soft breadcrumbs*

*3/4 cup Burgundy wine*

*1 (4 ounce) cans sliced mushrooms, drained*

*2 teaspoons onion salt*

*1 teaspoon dry mustard*

*1 teaspoon Worcestershire sauce*

*1/4 teaspoon garlic powder*

*1/4 teaspoon pepper*

*8 hamburger buns*

### ***Directions***

- 1. Combine the initial 9 ingredients together in a mixing bowl, knead and form into 8 individual patties.*
- 2. Grill or roast for 5 minutes on every side or until fully cooked.*

BURGER RECIPES

3. Serve on burger buns with your desired toppings and condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (200 g)		Total Fat 19.2g	29%
Servings Per Recipe: 8		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 77.1mg	25%
Calories 405.2		Sugars 3.3 g	
Calories from Fat 172	42%	Sodium 317.7mg	13%
		Total Carbohydrate 26.1g	8%
		Dietary Fiber 1.3g	5%
		Sugars 3.3 g	13%
		Protein 26.2g	52%

Variations:

- Use fresh mushrooms instead of canned and use garlic powder instead of garlic salt.
- Use ground turkey for the meat and use Shiraz for the wine.



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## Chile Rellenos Burgers

Prep Time: 10 mins

Total Time: 25 mins

Servings: 4

### Ingredients

- 1 lb. ground beef
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 medium onion, thinly sliced
- 1 (4 ounce) cans whole green chilies, drained and halved
- 4 slices Colby-Monterey jack cheese
- 1/2 cup salsa
- 2 tablespoons ketchup
- 4 sandwich buns split
- Sour cream

### Directions

1. Place the beef in a bowl and form into patties about 4 pieces.
2. Combine cumin, chili powder, pepper and salt in a small bowl. Set aside
3. Using a skillet, with oil, fry patties over moderate heat until both sides are fully cooked.

BURGER RECIPES

- 4. Dust cooked patties with the spices mixture and then top with onions. Turn down heat and cover. Cook further for about 5.
- 5. Uncover and place cheese slices and chilies. Cook for another 2 minutes until the cheese melts.
- 6. Meanwhile incorporate ketchup and salsa in a bowl. Stuff burgers in the buns and serve together with sour cream and salsa blend.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (282 g)		Total Fat 27.7g	42%
Servings Per Recipe: 4		Saturated Fat 12.5g	62%
Amount Per Serving	% Daily Value	Cholesterol 102.0mg	34%
Calories 510.6		Sugars 8.2 g	
Calories from Fat 249	48%	Sodium 1014.4mg	42%
		Total Carbohydrate 31.2g	10%
		Dietary Fiber 2.6g	10%
		Sugars 8.2 g	32%
		Protein 33.7g	67%

Variations:

- Use jalapeno peppers grilled along with the burgers.
- Use pepper jack cheese and omit green chilies.



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## **Cluck Cluck Chicken Burgers**

*Prep Time: 10 mins*

*Total Time: 25 mins*

*Servings: 4*



### **Ingredients**

*1 egg*

*1/4 cup parmesan cheese, grated*

*1/4 cup dry breadcrumbs*

*1 small onion, grated*

*1 tablespoon water*

*2 teaspoons Dijon mustard*

*1/4 teaspoon salt*

*2 garlic cloves, minced*

*1 lb. ground chicken*

### **Directions**

1. Whisk the eggs. Stir in the bread crumbs, cheese, water, onion, garlic, salt and mustard.



BURGER RECIPES

- 2. Add in the chicken and knead. Form mixture into 4 individual patties with ¾ inch thickness.
- 3. Grill, roast, or pan fry over moderate heat until both sides are cooked through.
- 4. Serve and enjoy with your desired toppings and condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (164 g)		Total Fat 12.6g	19%
Servings Per Recipe: 4		Saturated Fat 4.1g	20%
Amount Per Serving	% Daily Value	Cholesterol 149.5mg	49%
Calories 244.5		Sugars 1.3 g	
Calories from Fat 113	46%	Sodium 405.5mg	16%
		Total Carbohydrate 7.5g	2%
		Dietary Fiber 0.7g	2%
		Sugars 1.3 g	5%
		Protein 25.0g	50%

Variations:

- Add up ½ tsp. Italian seasoning and use horseradish mustard instead of Dijon to give extra kick to the flavor.
- Add in ground chipotle powder, parsley flakes, onion powder. Use panko for the breadcrumbs and replace garlic with garlic powder. Also use grated Italian cheese in a can.

## BURGER RECIPES



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### **Tandoori Chicken Burgers with Creamy Chutney**

Prep Time: 20 mins  
Total Time: 40 mins  
Yield: 6 patties

#### **Ingredients**

##### **BURGER**

800 g ground chicken  
1 cup fresh white breadcrumbs  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
1 teaspoon ground ginger  
1/2 teaspoon garam masala  
2 tablespoons yoghurt  
1 tablespoon lemon juice  
1 clove garlic  
1 tablespoon parsley, finely chopped

##### **CREAMY CHUTNEY**

1/3 cup mango chutney  
2 tablespoons yoghurt

#### **Directions**

## BURGER RECIPES

1. Combine all burger ingredients in a bowl and knead. Form into 6 equally divided patties and chill to stiffen while preparing the creamy chutney.
2. For the creamy chutney, incorporate ingredients together until smooth and then chill.
3. Once the burger patties are ready, heat up grill or frying pan and brush with oil.
4. Grill or fry patties over moderate heat for 6-7 minutes for every side or until both sides are fully cooked.
5. Serve alone with the prepared creamy chutney or serve on burger buns.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (936 g)		Total Fat 11.5g	17%
Servings Per Recipe: 1		Saturated Fat 3.3g	16%
Amount Per Serving	% Daily Value	Cholesterol 114.5mg	38%
Calories 221.3		Sugars 0.8 g	
Calories from Fat 103	46%	Sodium 123.8mg	5%
		Total Carbohydrate 5.5g	1%
		Dietary Fiber 0.5g	2%
		Sugars 0.8 g	3%
		Protein 24.1g	48%

### Variations:

- Use ground turkey for the meat and top with provolone cheese. Serve with spicy crockpot chickpeas on the side.
- Replace breadcrumbs with ½ cup wheat bran and use cilantro instead of parsley. Add up also some pinch of cayenne pepper.

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## ***French Onion Burgers***

*Prep Time: 7 mins*

*Total Time: 25 mins*

*Servings: 4*



### ***Ingredients***

*1 (2 7/8 ounce) cans French-fried onions*

*1 tablespoon Worcestershire sauce*

*1/2 teaspoon salt*

*1 lb. ground beef*

*1 (4 ounce) cans mushrooms, drained and diced*

*4 hamburger buns*

### ***Directions***

BURGER RECIPES

1. Mix onions with Worcestershire sauce, mushrooms and salt. Add in beef mixture and blend well. Knead into dough and form into burger patties approximately 4 pieces.
2. Grill or roast over moderate heat for 6-9 minutes for each of the sides or until fully cooked.
3. Serve alone or on burger buns with your favorite condiments and toppings.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (189 g)		Total Fat 18.8g	29%
Servings Per Recipe: 4		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 77.1mg	25%
Calories 367.0		Sugars 3.1 g	
Calories from Fat 169	46%	Sodium 613.1mg	25%
		Total Carbohydrate 22.0g	7%
		Dietary Fiber 0.9g	3%
		Sugars 3.1 g	12%
		Protein 25.1g	50%

Variations:

- Omit the mushrooms and serve on onion bun with some fried onions for the topping. Dust with Worcestershire pepper.
- Use fresh mushrooms sautéed with the Worcestershire sauce before adding to the meat. Serve with cheese on top.



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## Chicken Cordon Bleu Burgers

Prep Time: 15 mins

Total Time: 27 mins

Servings: 4

### Ingredients

- 2 teaspoons vegetable oil
- 4 slices Canadian bacon
- 2 lbs. ground chicken
- 2 teaspoons sweet paprika
- 2 teaspoons poultry seasoning
- 2 teaspoons garlic steak seasoning
- 1 shallot, finely chopped
- 4 slices Swiss cheese
- 2/3 cup mayonnaise
- 3 tablespoons Dijon mustard
- 2 tablespoons fresh tarragon, 4 sprigs chopped
- 4 Kaiser Rolls
- 8 leaves lettuce
- 1 tomato, vine ripe, thinly sliced

### Directions

BURGER RECIPES

1. Heat up your nonstick griddle, table top electric grill, large nonstick skillet or grill pan at moderate-extreme heat.
2. Place 2 tbsp. of olive oil to your preferred grill, or skillet and brown the bacons for 1-2 minutes on each side. Transfer to a foil and seal to keep it warm.
3. Pour the olive oil in a platter. Chop the shallots into very fine pieces.
4. Place shallot in a bowl and mix with chicken, poultry seasoning, paprika and grill seasoning.
5. Knead mixture to form dough and then divide into 4 patties with ¾ inch thickness each. Coat each patty with the olive oil in the platter and then grill, roast, or pan fry for 5 minutes for every side of the burger patty or until fully cooked.
6. Place the caramelized bacons on top of each patty and then top with the cheese. Fold up the cheese to fit with the patty. Loosely cover with foil and switch off pan or griddle to let the cheese soften for 2 minutes.
7. Incorporate the mayonnaise with tarragon, and mustard. Spread burger buns with the mayo mixture stuff with the burger patties and top with tomato slices and shredded lettuce.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (403 g)		Total Fat 35.4g	54%
Servings Per Recipe: 4		Saturated Fat 10.0g	50%
Amount Per Serving		Cholesterol 209.1mg	69%
		Sugars 5.0 g	
Calories 791.7		Sodium 1353.7mg	56%
Calories from Fat 319		Total Carbohydrate 46.6g	15%
		Dietary Fiber 2.8g	11%
		Sugars 5.0 g	20%
		Protein 69.7g	139%

Variations:

- Use ham in replace to bacon and onion in replace to shallot. Use Hawaiian sandwich buns for the burger buns.
- Use ground turkey for the ground chicken. Use mozzarella instead of Swiss

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## ***Spinach Burgers***

*Prep Time: 5 mins*

*Total Time: 25 mins*

*Servings: 4*



### ***Ingredients***

*1 lb. ground chicken*

*10 ounces fresh spinach, chopped, cooked and drained*

*2 tablespoons breadcrumbs*



BURGER RECIPES

1 garlic clove, chopped

Directions

1. Combine ground chicken with breadcrumbs, garlic and spinach. Knead and divide into 4 patties.
2. Place oil in a skillet or grill and grill or pan fry for 10 minutes on every side or until fully cooked.
3. Spread burger buns with mayo.
4. Serve on buns with cheese and lettuce for garnish.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (199 g)		Total Fat 9.8g	15%
Servings Per Recipe: 4		Saturated Fat 2.7g	13%
Amount Per Serving	% Daily Value	Cholesterol 97.5mg	32%
Calories 209.2		Sugars 0.7 g	
Calories from Fat 88	42%	Sodium 181.8mg	7%
		Total Carbohydrate 8.2g	2%
		Dietary Fiber 2.0g	8%
		Sugars 0.7 g	3%
		Protein 23.0g	46%

Variations:

- Use ground turkey instead of ground chicken and increase garlic amount. Also add some cayenne and more salt and pepper.
- Sauté the spinach first with onions and some herbs before adding to the mixture. Use Italian style Panko breadcrumbs for the breadcrumbs.

## *BURGER RECIPES*



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### ***Pizza Burgers***

*Prep Time: 30 mins*

*Total Time: 1 hr*

*Servings: 6*

#### ***Ingredients***

*1 lb. lean ground beef*

*1 cup pizza sauce*

*1/2 lb. mozzarella cheese*

*Pepperoni*

*Garlic salt*

*Onion salt*

*Pepper*

*4 large hamburger buns*

#### ***Directions***

BURGER RECIPES

1. *Slice the cheese finely.*
2. *Form the ground beef into patties and then flavor with pepper and salt according to desired taste.*
3. *Grill, roast or fry the burgers until nearly cooked on both sides.*
4. *Pour pizza sauce into a large saucepan. Add in fried or grilled burgers and let boil. Simmer for about 10 minutes or until burgers are fully cooked.*
5. *Top each burger with mozzarella and pepperoni slices and cover up mixture for about 2 minutes or until cheese melts.*
6. *Evenly oil or butter 4 burger buns and toast.*
7. *Serve burgers on buns. Place a little amount of sauce into the buns.*
8. *Serve and enjoy!*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (184 g)		Total Fat 17.7g	27%
Servings Per Recipe: 6		Saturated Fat 8.5g	42%
Amount Per Serving	% Daily Value	Cholesterol 80.3mg	26%
Calories 349.3		Sugars 2.9 g	
Calories from Fat 159	45%	Sodium 502.3mg	20%
		Total Carbohydrate 18.6g	6%
		Dietary Fiber 1.4g	5%
		Sugars 2.9 g	11%
		Protein 27.1g	54%

Variations:

- *Add up some minced garlic and chopped onion into meat mixture. Use pepperoni and mushrooms for the toppings. You may also add jalapeno slices.*
- *Add up mushrooms, pepperoni, green peppers and onions along with some extra cheese for the filling.*

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## **Chicago Beer Burgers**

*Prep Time: 15 mins*

*Total Time: 30 mins*

*Servings: 4*



### ***Ingredients***

*1 1/2 lbs. minced beef*

*2 tablespoons beer*

BURGER RECIPES

1/2 teaspoon Tabasco sauce

1/4 teaspoon Worcestershire sauce

4 slices cheese

Directions

- 1. Incorporate ground beef with the Worcestershire sauce, Tabasco and beer. Flavor with salt and pepper according to taste.
- 2. Knead and form into four burger patties. Enclose with cling wrap and then refrigerate for few hours to stiffen.
- 3. Grill or roast patties until fully cooked. Top with beer braised onions and cheese.
- 4. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (235 g)		Total Fat 39.4g	60%
Servings Per Recipe: 4		Saturated Fat 18.7g	93%
Amount Per Serving	% Daily Value	Cholesterol 152.0mg	50%
Calories 557.2		Sugars 0.0 g	
Calories from Fat 354	63%	Sodium 668.4mg	27%
		Total Carbohydrate 5.0g	1%
		Dietary Fiber 0.0g	0%
		Sugars 0.0 g	0%
		Protein 42.8g	85%

Variations:

- Omit Tabasco and use couple of pinches of red chili flakes and add up more amount of beer and Worcestershire sauce.
- Switch the amounts of Worcestershire with the hot sauce. Add up a bit of salt and pepper. Top with Muenster.

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## ***Turkey Apple Burgers***

*Prep Time: 5 mins*

*Total Time: 15 mins*

*Servings: 4*



### ***Ingredients***

*1 (1 1/3 lb.) packages ground turkey*

*1 small McIntosh apple, finely chopped*

*1 small white onion, chopped*

*1 stalk celery from heart, finely chopped*

*1 1/2 teaspoons poultry seasoning*

BURGER RECIPES

Salt and pepper

Vegetable oil, for drizzling

Directions

1. In a large mixing bowl, mix the turkey with apple, celery, onion, poultry seasoning and season with salt and pepper. Knead and form into 4 individual patties.
2. Heat up a skillet or grill at moderate heat and spray with cooking spray or graze with oil.
3. Grill or fry patties for 5-6 minutes for every side of the burgers or until fully cooked.
4. Serve on burger buns with mayo blend with cranberry sauce. Or serve with sourdough English muffins.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (216 g)		Total Fat 11.7g	18%
Servings Per Recipe: 4		Saturated Fat 3.1g	15%
Amount Per Serving	% Daily Value	Cholesterol 104.1mg	34%
Calories 253.1		Sugars 4.8 g	
Calories from Fat 105	41%	Sodium 96.7mg	4%
		Total Carbohydrate 7.4g	2%
		Dietary Fiber 1.4g	5%
		Sugars 4.8 g	19%
		Protein 30.0g	60%

Variations:

- Use grated apple and add up 3 cloves of minced garlic. Sauté onions, garlic and celery for few minutes before adding to the meat mixture.
- Use Brae burn apple instead of Mac and use celery salt instead of regular salt and chopped celery.

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## ***Cottage Cheese Burgers***

*Prep Time: 10 mins*

*Total Time: 20 mins*

*Servings: 6*



### ***Ingredients***

*1 cup cottage cheese*

*1/2 teaspoon seasoning salt*

*1/2 teaspoon Worcestershire sauce*

*1 1/2 lbs. ground beef*



Directions

- 1. Heat up your grill at moderate heat.
- 2. Mix all ingredients in a mixing bowl and then form into 6 patties.
- 3. Grill your patties for at least 5-6 minutes for every side or until cooked through.
- 4. Serve on buns with your favorite toppings and condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (148 g)		Total Fat 18.5g	28%
Servings Per Recipe: 6		Saturated Fat 7.2g	36%
Amount Per Serving	% Daily Value	Cholesterol 83.0mg	27%
Calories 278.4		Sugars 0.9 g	
Calories from Fat 166	59%	Sodium 206.8mg	8%
		Total Carbohydrate 1.2g	0%
		Dietary Fiber 0.0g	0%
		Sugars 0.9 g	3%
		Protein 24.9g	49%

Variations:

- Add up little amount of chili to add some spice and add up ½ tsp. of Worcestershire sauce and 2 tsp. of Montreal steak Spice for more flavors.
- Use ground lean beef and serve with cheese and avocado.



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## ***Chickpea Burgers***

*Prep Time: 30 mins*

*Total Time: 40 mins*

*Servings: 4*

### ***Ingredients***

*1 potato, boiled*

*1 1/2 cups chickpeas, cooked*

*1 onion, chopped*

*1 garlic clove, crushed*

*1/2 teaspoon dried oregano*

*1 tablespoon fresh parsley, chopped*

*1 tablespoon fresh coriander, chopped*

*Salt and pepper*

*1 egg, beaten*

*Flour*

*Olive oil*

*Lemon slices*

BURGER RECIPES

Directions

- 1. Unpeel potatoes and then mash together with the chickpeas.
- 2. Mix in garlic, onion, parsley, oregano, pepper, salt and coriander.
- 3. Add in egg and blend well.
- 4. Knead and divide into 4 patties and sprinkle with some flour.
- 5. Using a skillet with oil cook patties until both sides are fully cooked.
- 6. Serve with some lime or lemon wedges.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (190 g)		Total Fat 2.3g	3%
Servings Per Recipe: 4		Saturated Fat 0.5g	2%
Amount Per Serving	% Daily Value	Cholesterol 46.5mg	15%
Calories 178.8		Sugars 1.6 g	
Calories from Fat 20	11%	Sodium 291.9mg	12%
		Total Carbohydrate 32.7g	10%
		Dietary Fiber 5.7g	22%
		Sugars 1.6 g	6%
		Protein 7.5g	15%

Variations:

- Add up some pinches of hot pepper flakes for some spice and also add some Italian seasoning or McCormick seasoning.
- Sauté the garlicks and onions first before adding to the mixture and add up some poultry seasoning for additional flavors.

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## **Quick and Easy Pork Burgers**

*Prep Time: 5 mins*

*Total Time: 15 mins*

*Serves: 4, Yield: 4 burgers*



### **Ingredients**

*1 lb. ground pork*

*5 tablespoons Worcestershire sauce*

*1 garlic clove, crushed*

*1/2 cup onion, diced*

*1/2 tablespoon dried basil*

*1/2 tablespoon Season-All salt*

*0.25 (1 1/4 ounce) package dry onion soup mix*

### **Directions**

- 1. Combine all the ingredients in a mixing bowl. Knead and then cover with plastic wrap.*
- 2. Chill for about 30 minutes before shaping into 4 patties.*

BURGER RECIPES

- 3. Cook over the grill or pan fry until both burger sides are cooked
- 4. Serve over burger buns with your favorite condiments and toppings or serve alone with some garnish and condiments on the side.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (158 g)		Total Fat 24.1g	37%
Servings Per Recipe: 4		Saturated Fat 8.9g	44%
Amount Per Serving		Cholesterol 81.7mg	27%
Calories 325.0		Sugars 2.9 g	
Calories from Fat 216		Sodium 272.9mg	11%
		Total Carbohydrate 6.3g	2%
		Dietary Fiber 0.4g	1%
		Sugars 2.9 g	11%
		Protein 19.5g	39%

Variations:

- Cut down salt content and try using ground turkey for the meat instead of pork
- Use beef for the meat and use 3 tbsp. Worcestershire sauce, ½ tbsp.. onion/mushroom soup and some chopped basil.



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## Salmon Burgers

Prep Time: 15 mins  
Total Time: 25 mins  
Servings: 5

### Ingredients

- 1 (15 1/2 ounce) cans Alaska pink salmon
- 1/2 cup egg substitute or 2 eggs, lightly beaten
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 medium jalapeno pepper, seeded and chopped
- 1 teaspoon grated lemon zest
- 1/2 cup oat bran
- 1/4 cup skim milk
- 1 tablespoon lemon juice
- 1/2 teaspoon dried rosemary, crushed
- 1/4 teaspoon black pepper
- 4 -5 wheat hamburger buns

### Directions

1. Open up and drain canned salmon, save the liquid for later use.
2. Chip off the salmon and take off the skin and bones. Transfer into a mixing bowl.

BURGER RECIPES

- 3. *Mix the salmon with onion, egg substitute, peppers, oat bran, lemon peel, seasonings and lemon juice. Blend well.*
- 4. *Stir in milk and just enough amount of the saved salmon liquid. Knead and form into 5 patties.*
- 5. *Lightly oil a skillet and then heat at moderate heat. Once the oil is hot, fry patties for 5 minutes on each side or until fully cooked.*
- 6. *Serve on whole wheat burger buns with your favorite toppings and condiments.*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (206 g)		Total Fat 6.1g	9%
Servings Per Recipe: 5		Saturated Fat 1.2g	6%
Amount Per Serving	% Daily Value	Cholesterol 46.5mg	15%
Calories 260.0		Sugars 3.6 g	
Calories from Fat 55	21%	Sodium 277.2mg	11%
		Total Carbohydrate 27.0g	9%
		Dietary Fiber 2.8g	11%
		Sugars 3.6 g	14%
		Protein 26.4g	52%

Variations:

- *Replace oatmeal with oat bran processed in the blender for few minutes.*
- *Use thyme and sage for the rosemary and use lemon pepper.*



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## ***Portabella Mushroom Burgers***

*Prep Time: 15 mins*

*Total Time: 35 mins*

*Servings: 4*

### ***Ingredients***

*4 large portabella mushrooms, stems removed*

*1/4 cup balsamic vinegar*

*2 tablespoons olive oil*

*1 teaspoon dried basil*

*1 teaspoon dried oregano*

*2 -4 cloves garlic, finely minced*

*Salt and pepper*

*4 ounces sliced provolone cheese*

*4 whole wheat rolls*

*Sliced tomato*

*Romaine lettuce leaf*

*Sliced grilled onion*

*Dijon mustard*



BURGER RECIPES

Directions

1. Place portabella mushrooms in a plate and lightly dust with pepper and salt. Set aside.
2. For the marinade: incorporate vinegar, basil, oil, garlic and oregano in a bowl.
3. Decant the marinade into the mushrooms and let the mushrooms absorb the marinade for about 10-15 minutes flipping twice or once.
4. Heat up your grill at moderate heat and then grill the mushrooms for 10-15 minutes turning once during the last 8 minutes of cooking or grill until both sides are cooked through. Top with cheese when nearly done and let the cheese melt.
5. Serve on whole wheat rolls with your favorite condiments and toppings.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (279 g)		Total Fat 20.9g	32%
Servings Per Recipe: 4		Saturated Fat 6.9g	34%
Amount Per Serving	% Daily Value	Cholesterol 19.6mg	6%
Calories 554.2		Sugars 16.0 g	
Calories from Fat 188	34%	Sodium 801.9mg	33%
		Total Carbohydrate 76.3g	25%
		Dietary Fiber 11.4g	45%
		Sugars 16.0 g	64%
		Protein 21.0g	42%

Variations:

- Add up caramelized onions and some grilled green, red, and yellow peppers. Serve on buns topped with asiago cheese and some tomato slices.
- Add up some garlic powder and onion powder to the marinade. And use McCormick Montreal steak seasoning instead of pepper and salt.



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## ***Turkey Burgers with Mozzarella and Roasted Peppers***

*Prep Time: 15 mins*

*Total Time: 22 mins*

*Servings: 4*

### ***Ingredients***

*1 lb. ground turkey*

*1/4 cup diced onion*

*1 tablespoon balsamic vinegar*

*1 teaspoon dried oregano*

*1/2 teaspoon salt*

*1/4 teaspoon ground black pepper*

*2 whole roasted red peppers, halved*

*4 ounces part-skim mozzarella cheese, in 4 slices*

*4 multigrain hamburger buns*

*Nonstick cooking spray*

### ***Directions***

1. When using a grill, spray grill frames with cooking spray and spray frying pan with cooking spray if frying.

BURGER RECIPES

- 2. Combine the turkey with onion, oregano, vinegar, black pepper and salt in a large mixing bowl. Knead and form into 4 patties.
- 3. Scorch patties for 1 minute and then reduce heat and continue cooking for 5 minutes on each side of the patty.
- 4. Place cheese and roasted peppers on top of the burgers and let the cheese soften or melt.
- 5. Stuff patties into burger buns and serve with your favorite condiments and toppings.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (200 g)		Total Fat 15.1g	23%
Servings Per Recipe: 4		Saturated Fat 5.6g	28%
Amount Per Serving	% Daily Value	Cholesterol 96.4mg	32%
Calories 368.6		Sugars 4.0 g	
Calories from Fat 135	36%	Sodium 739.6mg	30%
		Total Carbohydrate 23.9g	7%
		Dietary Fiber 1.2g	4%
		Sugars 4.0 g	16%
		Protein 33.4g	66%

Variations:

- Use lean ground turkey breast and white cheddar instead of the mozzarella. Also add up finely chopped onions to the burger mixture.
- Sauté the onions first and season with salt and pepper before adding to the meat mixture. Also add up a little garlic powder.



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## ***Houdini Burgers***

*Prep Time: 20 mins*

*Total Time: 35 mins*

*Servings: 4*

### ***Ingredients***

*2 tablespoons cider vinegar*

*2 tablespoons vegetable oil*

*1 -2 tablespoon sugar*

*1/8 teaspoon salt*

*1/8 teaspoon celery seed*

*2 cups shredded cabbage*

*1/4 small onion, finely chopped*

*1/2 cup barbecue sauce*

*Budweiser beer*

*1 lb. lean ground beef*

*KC masterpiece barbecue seasoning, to taste*

*8 slices crisp cooked bacon*

## BURGER RECIPES

4 slices cheddar cheese

4 wheat hamburger buns

### Directions

1. For the slaw dressing; combine vinegar, sugar, oil, celery seeds and salt.
2. Toss onion and cabbage with the slaw dressing. Blend well and set aside.
3. Incorporate a dash of beer with BBQ sauce.
4. Form ground beef into patties about 4 pieces and then flavor up with KC masterpiece BBQ
5. Grill or roast patties until both sides are cooked through.
6. Serve on burger buns topped with cheese, followed BBQ sauce mixture, followed by the bacon and then lastly the coleslaw mixture. Cover with the other half of burger bun

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (289 g)		Total Fat 26.8g	41%
Servings Per Recipe: 4		Saturated Fat 8.1g	40%
Amount Per Serving	% Daily Value	Cholesterol 91.3mg	30%
Calories 537.6		Sugars 15.3 g	
Calories from Fat 241	44%	Sodium 994.7mg	41%
		Total Carbohydrate 38.5g	12%
		Dietary Fiber 2.0g	8%
		Sugars 15.3 g	61%
		Protein 33.2g	66%

### Variations:

- Use Alta beer and Stubbs BBQ sauce.
- Use some homemade beer and homemade coleslaw. Serve with French fries on the side.



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## **Kangaroo Burgers**

*Prep Time: 20 mins*

*Total Time: 30 mins*

*Servings: 8-12*

### **Ingredients**

*1 kg kangaroo mincemeat*

*2 large eggs*

*1 cup breadcrumbs*

*1 tablespoon garlic, crushed*

*1 large brown onion, finely diced*

*1/4 cup Worcestershire sauce*

*1/4 cup tomato sauce*

*12 drops Tabasco sauce*

*2 teaspoons dried thyme*

BURGER RECIPES

1 teaspoon dried oregano

1/2 teaspoon ground black pepper

1 large carrot, grated

Directions

- 1. Combine all ingredients together in a mixing bowl.
- 2. Knead and shape into 12 burger patties.
- 3. Grill over moderate heat for 5-6 minutes on each burger patty side or until fully cooked.
- 4. Serve with toasted burger bun or serve with salad.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (48 g)		Total Fat 2.0g	3%
Servings Per Recipe: 8		Saturated Fat 0.5g	2%
Amount Per Serving	% Daily Value	Cholesterol 46.5mg	15%
Calories 94.1		Sugars 3.3 g	
Calories from Fat 18	19%	Sodium 248.3mg	10%
		Total Carbohydrate 15.2g	5%
		Dietary Fiber 1.5g	6%
		Sugars 3.3 g	13%
		Protein 3.8g	7%

Variations:

- Use ground venison for the meat and add up 1 tbsp. of olive oil. Serve with Spanish Olive Salad and olive oil bread.

## BURGER RECIPES



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### Goat Cheese and Spinach Turkey Burgers

*Prep Time: 10 mins*

*Total Time: 25 mins*

*Servings: 4*

#### **Ingredients**

*1 1/2 lbs. ground turkey breast*

*1 cup frozen chopped spinach, thawed and drained*

*2 tablespoons goat cheese, crumbled*

#### **Directions**

- 1. Heat up your oven broiler at medium heat.*
- 2. Combine ground turkey with goat cheese and spinach. Knead and shape into four patties.*
- 3. Place patties in the preheated broiler oven and grill for 15 minutes or until cooked through.*
- 4. Serve with your desired condiments.*



BURGER RECIPES

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (209 g)		Total Fat 1.3g	2%
Servings Per Recipe: 4		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 105.5mg	35%
Calories 200.2		Sugars 0.2 g	
Calories from Fat 11	97%	Sodium 112.2mg	4%
		Total Carbohydrate 1.6g	0%
		Dietary Fiber 1.1g	4%
		Sugars 0.2 g	1%
		Protein 43.3g	86%

Variations:

- Sprinkle patties with lemon pepper and grill on charcoal. Serve with whole wheat buns and spicy mustard, mayo, and tomato.
- Add in some seasoned salt, egg, ground pepper, and garlic. Serve on toasted burger buns with lettuce, onions, Swiss cheese and mayo.

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Garlic Herb Burgers

Prep Time: 1 hr  
Total Time: 1 hr 20 mins  
Servings: 8



Ingredients

BURGER RECIPES

- 2 lbs. lean ground beef
- 1 envelope savory herb with garlic soup mix
- 1 (8 ounce) packages cream cheese, softened
- 1/4 cup green onion, chopped

Directions

1. Combine ground beef with 1 tbsp. of soup mix in a bowl and blend well.
2. Form into 12 burger patties and set aside.
3. In a separate bowl whisk cream cheese with remaining soup mix. Add in green onions.
4. Place 1 tbsp. of cream cheese filling into each patty and then place another patty on top. Fasten the edges and then place them on a plate and chill for about an hour before grilling or frying.
5. Defrost burger patties and then grill or fry over moderate heat until both sides are fully cooked.
6. Serve with your desired condiments.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (144 g)		Total Fat 21.0g	32%
Servings Per Recipe: 8		Saturated Fat 10.0g	50%
Amount Per Serving	% Daily Value	Cholesterol 104.9mg	34%
Calories 297.7		Sugars 0.9 g	
Calories from Fat 189	63%	Sodium 166.5mg	6%
		Total Carbohydrate 1.3g	0%
		Dietary Fiber 0.0g	0%
		Sugars 0.9 g	3%
		Protein 24.4g	48%

Variations:

- Substitute garlic and herb soup mix with 2 tsp. beef bouillon granules and 1 ½ tbsp. of Mrs. Dash garlic and herb seasoning.
- Use regular onion soup mix and just add up fresh garlic and Italian seasoning. Replace white onions for the green onions.

## **BURGER RECIPES**



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### **Buffalo Sauce Burgers Stuffed With Blue Cheese**

*Prep Time: 30 mins*

*Total Time: 45 mins*

*Servings: 6*

#### **Ingredients**

*4 tablespoons butter, cut in small pieces*

*1/3 cup mild hot sauce*

*1/2 cup finely crumbled blue cheese*

*1 tablespoon minced garlic*

*2 lbs. 85% lean ground beef*

*1/2 teaspoon celery seed*

## BURGER RECIPES

*1/3 cup finely chopped onion*

*6 hamburger buns split*

### Directions

- 1. Melt the butter and add it up with the hot sauce. Set aside*
- 2. Combine garlic and blue cheese in a small bowl. Set aside.*
- 3. Combine ground beef with celery seed, ¼ cup hot sauce mixture, and onion in a separate bowl and mix well. Knead and shape into burger patties about 12 pieces with 4 ½ inches in span and ½ inch thickness.*
- 4. Place 2 tsp. of garlic-cheese mixture into the center of six patties and top with the rest of patties making six sandwich patties. Fasten the edges and place on a plate. Seal with cling wrap and chill for few hours.*
- 5. Once ready for grilling, heat up your grill at moderate heat and then grill patties for 5 minutes for ever side or until cooked through.*
- 6. Glaze with the rest of hot sauce mixture while grilling and serve with toasted bread buns.*
- 7. Smear mayo into buns and stuff with the patties, top with lettuce and tomatoes. Enjoy!*

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (238 g)		Total Fat 35.5g	54%
Servings Per Recipe: 6		Saturated Fat 16.3g	81%
Amount Per Serving	% Daily Value	Cholesterol 131.7mg	43%
Calories 560.5		Sugars 3.3 g	
Calories from Fat 320	57%	Sodium 862.1mg	35%
		Total Carbohydrate 23.1g	7%
		Dietary Fiber 1.1g	4%
		Sugars 3.3 g	13%
		Protein 34.9g	69%

### Variations:

- Add up sautéed sweet onions and some chopped chives to the meat mixture. Use Swiss cheese for the blue cheese.*
- Use mozzarella instead of blue cheese and celery salt instead of celery seeds,*

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## ***Classic German Burgers***

*Prep Time: 10 mins*

*Total Time: 30 mins*

*Servings: 4-6*



### ***Ingredients***

*1 lb. lean ground beef*

*1/2 medium onion, minced*

*3 tablespoons minced fresh parsley*

*1 egg, beaten*

## BURGER RECIPES

*1/2 teaspoon salt*

*1/8 teaspoon pepper*

*1/8 teaspoon ground nutmeg*

*2 tablespoons flour*

*Butter*

*1 large onion, thinly sliced into rings*

### Directions

1. Leaving the onion rings and butter behind, mix all the rest of ingredients in a mixing bowl. And form into 4 or 6 burger patties.
2. Melt the butter in a skillet over moderate heat and then fry the patties until both sides are cooked through for 10-12 minutes.
3. Transfer to plate and keep warm. Fry onion rings in the same skillet until golden brown.
4. Stuff burger buns with the patties and with mayo or your desired condiments and top with fried onion ring. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (123 g)		Total Fat 12.6g	19%
Servings Per Recipe: 4		Saturated Fat 5.0g	25%
Amount Per Serving	% Daily Value	Cholesterol 120.2mg	40%
Calories 253.7		Sugars 2.2 g	
Calories from Fat 114	44%	Sodium 387.0mg	16%
		Total Carbohydrate 8.1g	2%
		Dietary Fiber 1.1g	4%
		Sugars 2.2 g	9%
		Protein 25.3g	50%

### Variations:

- Use extra lean ground beef and use onion powder instead of minced onions. Serve with beet root, lettuce, cheese and tomatoes. Use BBQ sauce and chili sauce for the condiments.
- Use ground turkey instead of beef. Add up some Italian seasoning for more flavors.

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## ***Marinated Burgers***

*Prep Time: 15 mins*

*Total Time: 12 hrs 15 mins*

*Yield: 6 patties*



### ***Ingredients***

*3 tablespoons lemon juice*

*1 1/2 teaspoons seasoning salt*

*1 tablespoon Worcestershire sauce*

*1 tablespoon low sodium soy sauce*



## BURGER RECIPES

1 tbsp. A.1. Original Sauce

1 tablespoon corn oil

1 cup low sodium beef broth

1 teaspoon Heinz 57 steak sauce

1/4 teaspoon garlic salt

1 teaspoon vinegar

1 1/2-2 lbs. ground round

### Directions

1. Leave beef behind and then combine all the rest of ingredients in a bowl.
2. Form ground beef into  $\frac{3}{4}$  inch patties about 6 pieces.
3. Transfer patties in an airtight container and then dispense the marinade over the patties.
4. Place container cover and chill overnight with frequent turning for the marinade to engage with the patties.
5. Once ready, grill patties over moderate heat until both sides are cooked through.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (849 g)		Total Fat 23.4g	36%
Servings Per Recipe: 1		Saturated Fat 8.8g	44%
Amount Per Serving	% Daily Value	Cholesterol 80.4mg	26%
Calories 300.3		Sugars 0.5 g	
Calories from Fat 210	70%	Sodium 192.7mg	8%
		Total Carbohydrate 1.4g	0%
		Dietary Fiber 0.0g	0%
		Sugars 0.5 g	2%
		Protein 19.6g	39%

### Variations:

- Use ground chuck for the meat and marinate for 5 hours. Pan fry to avoid them from falling apart.



## **BURGER RECIPES**

- *Use ground turkey breast for the meat and add up some bread crumbs to hold patties together.*

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