

The Texas Squealer Burger

1 1/2 lbs 80% lean ground beef or Turkey

12 slices turkey bacon ,uncooked

1 1/2 teaspoon grill seasoning

1 teaspoon garlic powder

1 tablespoon minced onion

1/4 cup Worcestershire sauce

salt and pepper

Begin by chopping the raw bacon finely with a sharp knife. I slice it in half , then in strips, then dice it . The key is to make it small I do not use a food processor because it heats up the bacon and can make it gummy. Gently mix all ingredients in a large bowl and add the bacon, this is not a necessary step but I think the meat holds together nicely when the patties go on cold . Place in freezer for 30 minutes before grilling. Grill patties approximately 5 minutes on each side. Allow them to rest 5 minutes before serving

Serve with low-fat chesse if you wish and any of your low-fat favorite toppings and buns.

Serving Size: ¼ pound burger patty

Servings per recipe: 6 patties

Kailen Martin

Houston County

Intermediate-Protein