



BARBECUE TURKEY MEATLOAF BURGERS

By Dr. Cindy Tanzar
(Standard and Maintenance Plans)

We really enjoy these burgers. They are crazy tender, very moist and much lighter than a beef burger. They are made similar to meatloaf, formed into four patties and baked in the oven. We tried them on the grill, but they are too juicy and very difficult to flip.

You could add another 1/4 lb. of ground turkey to make them firmer and make 5 burgers, but they are delicious just as they are.

There are 4 servings in this recipe. One serving covers your protein for one meal.



INGREDIENTS

- 1 lb. ground dark meat turkey (or lesser lean choice)
- 1/4 cup red onion, diced
- 2 cloves garlic, minced
- 1/4 cup Primal Kitchen BBQ sauce (plus more for brushing)
- 1 pastured egg
- 1/2 cup almond flour
- 1/2 tsp Pink Himalayan salt
- 1/4 tsp ground black pepper



DIRECTIONS

Preheat oven to 375°F. Prepare a large baking sheet by lining with parchment paper.

Add all the ingredients into a medium bowl and mix well with your hands. Shape into four equally-sized patties, then place them evenly spread out on the baking sheet. Bake for 10 minutes.

Remove burgers from oven and brush with more BBQ sauce. Return to oven and bake 10 minutes.

Remove burgers from oven, and with a wide spatula, very carefully flip them over. If you need to reshape them slightly, you can. Brush with more BBQ sauce and bake for another 10 minutes.

Enjoy these burgers with lettuce, tomato, and onion or with a side of Broccoli Coleslaw, Cumin Lime Coleslaw or No Potato Salad – all found on the Genesis Health Solutions website!