



## CHIPOTLE TURKEY BURGERS WITH CHIPOTLE MAYO

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(Standard/Maintenance)

These burgers are juicy and delicious! If you're looking for more variety in your burgers and love a kick of spice, this recipe will be a new favorite. You can tone down the chipotle pepper to decrease the heat, but still enjoy the flavor profile. The chipotle mayo is a great addition, as well. Enjoy your burger in a lettuce wrap or a bowl with tomato, red onion or dill pickle. You can also eat this burger over a salad with GHS ranch, Primal Kitchen dressing, or just with the chipotle mayo. So good! This recipe makes 4 servings. One serving covers your protein and fat for one meal.



### INGREDIENTS

- 3 Tbsp avocado oil
- 1 lb. ground turkey (dark meat)
- 1 Tbsp coconut aminos or Tamari (gluten-free soy sauce)
- 1 tsp chipotle chile pepper powder (1/2 tsp milder flavor)
- 1 tsp smoked paprika



1/2 tsp cumin  
1/2 tsp dried oregano  
1 tsp Pink Himalayan salt

### **CHIPOTLE MAYO**

1/2 cup Genesis mayo, Primal Kitchen or Hellman's Organic mayo  
1/2 tsp chipotle chile powder

### **INSTRUCTIONS**

In a large bowl, mix everything (except the turkey) together well. Add the ground turkey, mixing with your hands until just combined. Overmixing will make the burgers tough.

Divide the mixture into 4 parts and form a burger patty with each.

### **Cooking Options:**

**Grill:** These burgers scream for the grill! Preheat grill over medium-high heat. Grill on each side 4-5 minutes, or until no longer pink in the middle. Some grills may take longer. Cover burgers and allow them to rest for 5 minutes.

**Pan Fry:** Preheat skillet over medium-high heat. Add 1-2 Tbsp of avocado oil. Cook burgers on each side for 4-5 minutes.

**Oven:** Preheat oven to 400°F. Bake for 16-18 minutes (or until almost cooked through), then broil for 2-3 minutes until nicely browned and fully cooked.