

Turkey Beef Veggie Burgers

We're all trying to eat more veggies - here is a way to get more - and kids love this recipe, too!

1/2 lb. Ground Round
3/4 lb. Ground Turkey
1/2 Cup Dried Bread Crumbs
1/2 Cup Silken Tofu (You can find this in most grocery stores)
1/2 Cup Grated Carrots
1 Cup Fresh Spinach Leaves, Finely Chopped
1 Small Onion, Minced
3 TB Parsley, Minced
Kosher Salt and Freshly Ground Black Pepper to taste
Olive Oil Cooking Spray

Step One

Place all ingredients together, (except for the Olive Oil Cooking Spray), in a large bowl and mix with your hands until just combined. Shape into patties.

Step Two

Lightly spray both sides of the patties with the Olive Oil Cooking Spray. Grill or broil 5 Minutes on each side, or until done. (Because of the turkey they should be cooked all the way through - not be pink.) Serve on buns or rolls with your choice of condiments and lots of shredded lettuce and chopped ripe tomatoes.