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Hamburgesa Mexicana

Makes 6-8 patties

Prep time: 10 minutes

Cooking time: 25 minutes

Method: Fry

For this recipe you will need:

- 1 lb ground turkey (you can use ground beef)
- 1 cup refried beans (Jerry has an amazing recipe here)
- 2 eggs
- 1 jalapeno, veined, seeded and finely chopped
- 2 TBSP parsley, finely chopped
- 2 garlic cloves
- 2/3 cup onion, chopped
- 1/4 cup all-purpose flour
- 1 tsp oregano
- salt
- black ground pepper
- vegetable oil

Preparation:

1. In a large bowl mix all ingredients together, except oil, until well blended.
2. Heat oil in a large heavy skillet.
3. With a serving spoon drop some of the mixture on the skillet and with a spatula form a patty.
4. Cook each side for 10 minutes.

I really liked how these burgers turned out. They were light and moist, but the best part of the meal was the stuff zucchini. This was the most amazing way I've ever eaten zucchini. Even Jon, who is not very fond of vegetables, loved it. You definitely have to try it.

Buen provecho!