

Grilled Fajita Burgers

4 SERVINGS 25 MINUTES



INGREDIENTS

454 grams Extra Lean Ground Beef
1 1/2 tbsps Taco Seasoning
1/2 Yellow Onion (small, finely chopped)
1/2 Jalapeno Pepper (medium, finely chopped)
2 Garlic (clove, minced)
2 Orange Bell Pepper (stem and seeds removed, quartered)
1 tsp Avocado Oil
8 leaves Romaine
2 Avocado (small, mashed)

NUTRITION

AMOUNT PER SERVING

Calories	425	Cholesterol	74mg
Fat	28g	Sodium	376mg
Carbs	21g	Vitamin A	5245IU
Fiber	10g	Vitamin C	185mg
Sugar	3g	Calcium	74mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Preheat your grill to medium heat.
- 02 In a mixing bowl combine the beef, taco seasoning, onion, jalapeno, and garlic. Mix until well combined. Form the meat into tightly packed patties, 4 to 5-inches in diameter.
- 03 Rub the peppers with the oil.
- 04 Grill the burger patties and peppers for five to seven minutes per side or until the burgers are cooked through and peppers are tender.
- 05 To serve, use a few leaves of lettuce as a bun and top burgers with mashed avocado and grilled peppers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Salsa, cilantro, hot sauce, pickled jalapeno, or mayonnaise.

MORE FLAVOR

If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

NO LETTUCE BUN

Serve with a hamburger bun or over a bed of lettuce instead.

NO BEEF

Use chicken or turkey instead.