

Curried Chicken or Turkey Burgers

Ingredients:

2 ½ - 3 lbs. Ground Chicken or Turkey
2 ¼ cups soft white bread crumbs
1 tblsp. Curry Powder
Salt and pepper
1 hot pepper
1 cup onion (finely diced)
1 tspn. Fresh ginger root (finely diced)
1 clove garlic (finely diced)
½ cup tomatoes (diced)
1 egg
½ cooking oil

Preparation:

Combine ground chicken or turkey meat with 1 cup breadcrumbs, onions, tomatoes, ginger, garlic, red pepper, curry, salt and egg in a deep bowl. Knead ingredients until mixture is smooth and thoroughly mixed. Divide into 8 equal portions, form patties. Dip both sides of patties into remaining bread crumbs. Place on a cookie sheet or pan lined with wax paper in the refrigerator for 5-10 minutes to set. Pan fry, grill or barbecue until fully cooked.

Serving Suggestions:

These are delicious and easy to prepare for a barbecue, picnic or just a fun meal at home. Serve burgers on buns, with mashed potatoes, coleslaw, macaroni and cheese, potato salad or avocado green salad or corn on the cob.