



BBQ Turkey Mini-Burgers

Serves 4 | Serving Size: 2 mini-burgers

Ingredients

- 1 can of white beans
- 1 lb ground turkey
- 1 small onion
- ½ cup BBQ Sauce
- 1 Tablespoons canola oil
- 8 lettuce leaves (medium-large)

Instructions

1. Drain and rinse white beans.
2. In a large bowl, lightly mash beans with a fork.
3. Chop the onion into small, fine pieces.
4. Mix together the turkey, onion, barbecue sauce and beans.
5. With your hands, form into 8 small burgers by rolling the mix into a ball and then pressing them flat.
6. In a large pan, heat 2 Tablespoons of oil over MEDIUM heat.
7. Fry the burgers until well browned on both sides (about 5 mins per side).
8. Place the burgers on the lettuce leaves. Fold lettuce around the burger.
9. Add extra barbecue sauce on top for more flavor.



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