

# turkey burgers

## Ingredient List

ground turkey – 5 lbs	salt – 1 ½ Tbls
zucchini – 2 qts (about 6) grated	thyme – 1 ½ Tbls
carrot – 2 qts (about 6) grated	black pepper – 1 ½ tsp
garlic – 10 cloves – pressed	eggs – 6

## PROCESS

1. blend spices then combine with turkey, zucchini, carrot, garlic, egg
2. use grey handled scoop - form into 24 patties (approx. 6 oz each) – press gently to form patties (one finger thick) – freeze on 2 sheet trays of 12 each (cover with parchment / do not stack trays) – when solid, store in deli paper in 2 tall 1/9 containers. \*label and date.

to serve:

cook for 3 to 4 minutes per side (covered)  
serve with lettuce, tomato, and mayo on bun

Enjoy!