

BORDER BURGERS

INGREDIENTS

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| 1 lb. 90% lean ground beef | 1 onion, thinly sliced |
| 1 tsp. chili powder | 2 bell peppers (red and yellow or green), thinly sliced |
| 1 tsp. cumin | 4 Tbsps. salsa |
| ½ tsp. salt | |
| ¼ tsp. black pepper | |

DIRECTIONS

1. Preheat oven to broil. Coat a nonstick broiling pan with cooking spray.
2. Divide beef into 4 patties and broil until no pink remains, or to desired doneness.
3. In a medium nonstick skillet over medium heat, sauté onion and bell peppers until tender, stirring occasionally.
4. Serve hamburgers topped with veggie mixture and salsa.

NUTRITION FACTS

Serves 4 / Serving Size - 1 burger

Calories	223
Total Fat	12g
Protein	24g
Cholesterol	74mg
Sodium	478mg
Total Carbohydrates	5.0g
Dietary Fiber	1.5g
Sugar	2.2g