

Southwest Turkey Burgers

Tupperware®

Serves 4

- 1 tbsp. vegetable oil
- ½ small red onion, chopped fine
- ¾ cup frozen corn with red peppers, thawed
- ½ tbsp. Simple Indulgence™ Southwest Chipotle Seasoning Blend
- 1 lb. ground turkey
- 4 whole wheat buns

Combine onion, corn, Seasoning Blend and turkey in an 8 ¾-cup/2.1 L Wonderlier® Bowl, mix and form 4 burgers using the Burger Press.

Coat grill rack with oil and adjust temperature to medium. Place burgers on hot rack for approximately 5 minutes on each side, or until internal temperature reaches 165° F/74° C. Serve on a whole wheat bun.

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