

# Turkey Burgers

## INGREDIENTS:

- 1 lb. ground turkey
- 1 tsp. Worcestershire sauce
- ¼ cup finely chopped sweet onion
- ¼ cup finely chopped celery
- ¼ cup finely chopped carrot
- ½ tsp. dry mustard
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 1 T chopped parsley

## PROCESS:

- In a medium mixing bowl, add all ingredients and work in by hand until well combined.
- Shape the meat mixture into 3-4 burgers.
- Place the burgers on a cookie sheet and refrigerate for 1 hour.
- Grill over medium heat 7-8 minutes each side or until done

ENJOY!