

Z Trim Turkey Burgers

Meat

Main Course / Meat

Recipe # 08-029

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Turkey Meat	9.0	Lbs.	18	Lbs.	1. Add the Z Trim, Salt, and Pepper, to the Spice Blend.
Water	2.0	Lbs.	4.0	Lbs.	2. Place meat in a large bowl or vessel to mix.
Minced Onions	9.6	Oz.	1.2	Lbs.	3. Blend in the Water, Worcestershire Sauce, and Tomato Paste.
Worcestershire Sauce	4.2	Oz.	8.4	Oz.	4. Blend in the Dry Blend to the meat mixture.
Hamburger Spice Blend	4.0	Oz.	8.0	Oz.	5. Add the remaining ingredients to the mixture.
Yeast Extract (Flavor Enhancer)	2.0	Oz.	4.0	Oz.	6. Weigh out 4 oz. (113.5 grams) portions and form patties.
Tomato Paste	2.0	Oz.	4.0	Oz.	7. Cook until internal temp reaches 160° F.
Z TRIM CORN FIBER	1.4	Oz.	2.8	Oz.	8. Can be frozen and reheated.
Salt	1.0	Oz.	2.0	Oz.	
Minced Garlic (Fresh)	.80	Oz.	1.6	Oz.	
Black Pepper	.25	Oz.	.50	Oz.	

Nutrients Per Serving – 4 oz (113.5 g)					
Calories	130	Saturated Fat	2 g	Iron	8%
Protein	15 g	Cholesterol	65 mg	Calcium	2%
Carbohydrate	2 g	Vitamin A	2%	Sodium	510 mg
Total Fat	7 g	Vitamin C	4%	Dietary Fiber	1 g

