

GREEN CHILE BURGERS

INGREDIENTS

ITEM	QUANTITY
Lean Ground Beef	1 lb
Smoked Paprika	1 Tsp.
Ground Cumin	½ Tsp.
Salt	½ Tsp.
Black Pepper	¼ Tsp.
Chopped Roasted Green Chiles, drained	½ Cup
Low-fodmap Hamburger Buns or Lettuce Wraps	4
Lettuce Leaves	4
Medium Tomato, Sliced	1
Mayonnaise	¼ Cup
Fresh Lime Juice	1 Tbsp.
Fresh Cilantro, Chopped	1 Tbsp.
Cheddar Cheese, Optional	4 Slices

SERVING SIZE **1 BURGER**

PREPARATION

- In a small bowl, combine the mayonnaise, lime juice, and cilantro. Set aside.
- In a separate bowl, combine the ground beef, smoked paprika, cumin, salt, and pepper.
- Divide the mixture into 4 equal portions and form into patties.
- Heat a skillet or grill over medium-high heat.
- Cook the burgers for about 4-5 minutes per side, or until cooked to your desired doneness.
- If using cheese, place one slice on each burger during the final minute of cooking.
- Spread the lime mayo on the burgers
- Layer each burger with and roasted green chiles and other desired toppings
- Serve on buns or in lettuce wraps

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