

# BBQ TURKEY BURGER WITH CARAMELIZED ONION



*Sometimes a turkey burger can be a bit bland and boring. Not so with this one!*

## Ingredients:

1	Large	Onion, peeled, halved and sliced ¼” thick
1	Tablespoon	Butter
1	Pound	Ground Turkey
5	Tablespoons	BBQ sauce, divided
2	Cloves	Garlic, minced fine
½	Teaspoon	Salt
¼	Teaspoon	Black Pepper

## Directions:

1. Saute onion in butter over medium low heat, stirring often until onion is translucent and beginning to brown. Stir in 3 tablespoons BBQ sauce and cook another 2 to 3 minutes. Set aside.
2. Combine ground turkey, remaining 2 tablespoons of BBQ sauce, garlic, salt and pepper. Form into 3 patties.
3. Grill over medium heat, about 6 – 8 minutes per side, or until an internal temperature of 165° is reached. Serve on a bun, topped with the caramelized BBQ onions.