

# Chicken Veggie Burgers

These chicken patties are a little more work than plain ones but they are worth the extra effort and the veggies in the burger give you a more balanced meal if you don't get a lot of salad to go with it.

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## Sauted Vegetables:

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1	tsp olive oil
1	onion, finely chopped
2	cloves garlic, minced
2	carrots, finely chopped
1	sweet red pepper, finely chopped
1	cup mushrooms, sliced
1	tomato, seeded and chopped about 1/2 cup

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## Meat Mixture:

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2	lbs ground chicken
1	egg
1	tsp paprika
1	tsp savory
1	tsp salt
1/2	tsp pepper
1/2	cup fresh bread crumbs
	sauted vegetable above, cooled

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- ☞ Cook onion in oil on medium low heat until soft then add garlic and cook a little longer.
- ☞ Add carrots, cover and continue to cook on low until they are starting to soften then add mushrooms and peppers and cook until liquid is starting to evaporate about 20 minutes.
- ☞ Add tomato, paprika, savory, salt and pepper and cook a little longer then cool before mixing with meat.
- ☞ Mix ground chicken, egg, bread crumbs and cooled vegetables until uniformly distributed.
- ☞ Using a half cup measure form into patties and freeze. You may grill them without freezing but they are a little more difficult to keep together.
- ☞ Grill over medium heat until no longer pink.