

Enchilada Burger

A tasty, Mexican inspired burger, made to resemble an "ahogado" (drowned) torta, dunked in enchilada sauce

This burger is what happens when I stubbornly decide I want a burger for dinner, despite having all the ingredients on hand, to make enchiladas for my wife's dinner. For my burger, I decided to take a cue from a Mexican 'drowned' sandwich, where they dunk the entire thing, bread and all, in enchilada sauce. For mine, I'm only dunking the actual chorizo burger patty in the sauce, then serving it with shredded cabbage, pico de gallo and a lime crema sauce.

Ingredients:

Burger Patties: (see notes)

- 3/4 lb. batch of ground turkey "chorizo", recipe on pg 24, set aside to rest for 20 minutes, then formed into (4) 3oz patties.

Quick Enchilada Sauce: (makes 3 cups, 0 points total)

- 15oz tomato sauce
- 1-1/2 cups fat free chicken broth
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp cumin
- 1 to 2 tsp chili powder (to taste, some brands are spicier).
- 1/4 tsp salt

Pico De Gallo:

- 1 cup diced tomato (1 large tomato)
- 3/4 cup diced onion
- 1 Tbsp chopped/diced, canned green chiles. (I used mild, I'm a wimp)**
- 1/2 cup finely chopped fresh cilantro
- 2 Tbsp lime juice
- 1/4 to 1/2 tsp salt, to taste

Simple Crema Sauce:

- 2-1/2 Tbsp plain fat free Greek yogurt, mixed with
- 1 Tbsp water
- 2 tsp lime juice
- 1 tsp light mayonnaise
- pinch o salt

Additional Ingredients:

- Shredded cabbage
- Additional chopped fresh cilantro, for garnish

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



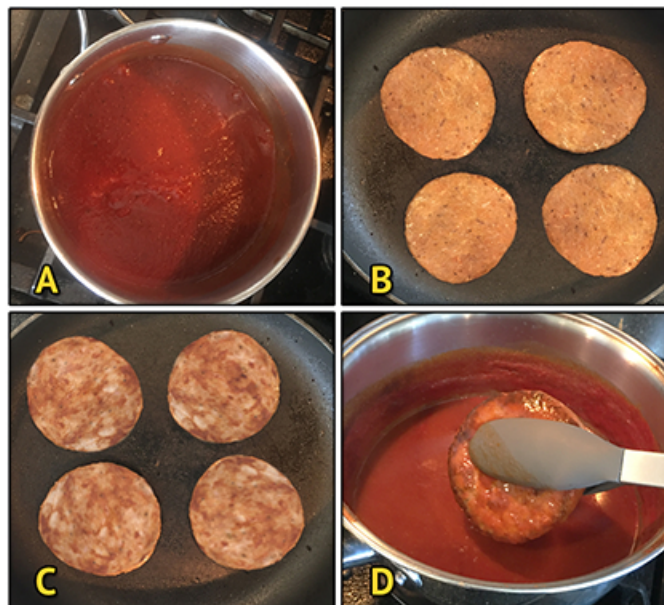
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- last checked 02/23/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Directions:

- 1 Combine all of the pico de gallo ingredients together in a bowl. Mix to combine, cover and set aside in the fridge for at least 30 minutes.



- 2 (A) Combine all of the Enchilada Sauce ingredients together in a small pot. Bring to a boil, reduce heat and simmer for 5 mins. Turn off heat, set aside. (B) After the "chorizo" ground turkey has rested and been formed into patties, preheat a pan on medium heat till water sizzles on it's surface. Spray with cooking spray, then (C) cook the patties for 2.5 minutes per side. (D) Take all of the cooked chorizo burger patties and put them in the pot of enchilada sauce. LEAVE THEM THERE. and walk away.

- In a small dish, mix together the ingredients for the "Simple Crema" sauce. Set aside.
- While all the burgers are resting in the pot o' sauce, toast your buns and lay out all the other ingredients, getting ready to build your burger.



- To assemble the burger, **(A)** place a mound of shredded cabbage onto the bottom bun, **(B)** followed by a 1/4 cup scoop of the pico de gallo. **(C)** Carefully use some kitchen tongs to take one of the 'drowned' chorizo patties from the pot of the enchilada sauce and set it onto the pico de gallo. Yes... it will be a bit messy. Scoop 1 Tbsp of the Crema sauce onto the patty, followed by some fresh chopped cilantro. **(D)** Finish with the top bun. Done.

NOTES & SUGGESTIONS:

- **ENCHILADA SAUCE:** Here's a cool thing... You don't have to make mine. I encourage it, but you don't have to. If you use regular canned, low fat red enchilada sauce, yes it's high in points, but that's for a good sized serving of sauce. When you dunk the patties in the sauce, you're only really coating them in maybe 1 to 1-1/2 Tbsp of sauce. So, depending on the brand you buy and the amount you use, the canned sauce maaaay also be 0 points per burger. Scan the cans and do the math, but... using mine eliminates the hassle.
- **PICO DE GALLO:** I am a spicy food sissy. Seriously, I think the mild sauce at Taco Bell has kick, which is why I used canned, mild green chiles, instead of the traditional jalapeño peppers. If you'd like to use jalapeños, feel free. I'll be over here chugging a gallon of milk. Also, to save time, you can purchase ready made pico de gallo at your grocery store. It can usually be found in the produce department.
- **CHEESE:** Though enchiladas normally have cheese, ok... ALWAYS have cheese... I didn't add any to these burgers. It's a known fact that I'm the Scrooge McDuck of points. If you'd like to add some cheese, feel free, but adjust your points.
- **SAUCIER BURGER:** Taking the chorizo patties out of the enchilada sauce and placing them right onto the pico de gallo and shredded cabbage will already give you a 'saucy' burger... But, if you want an even saucier one, feel free to drizzle more enchilada sauce onto the patty. You do you.

