

# Thanksgiving Burger

Turkey, Stuffing, Gravy, 'Cranberry/Cherry' Sauce... yes, please

Why mope around all year, longing for Turkey Day? Now, you can have Thanksgiving on a bun any day of the year! This baby has a burger patty loaded with fall flavors, covered in gravy and stuffing, then finished with dark cherry OR cranberry sauce... depending on what's in season at the grocery store.

## Ingredients:

### Ground Turkey Patties:

- 3/4 batch of my 'Bratwurst', recipe on pg 24, formed into (4) 3oz patties. Make the the following changes to the raw mix:
  - Do not include the toasted caraway seeds

### Quick Gravy:

- 3/4 cup fat free chicken broth
- 1-1/2 tsp cornstarch
- salt and pepper to taste

### Quick Dressing/Stuffing:

- 5 slices Sara Lee '45 calorie delightful' bread. (see notes)\*\*
- 1-1/2 cup diced onion (1 medium onion)
- 1/2 cup celery, diced
- 1/2 cup carrots, diced
- 1 medium garlic clove, chopped
- 1 tsp garlic powder
- 1-1/2 cups chicken broth
- 1 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp fresh sage, finely chopped
- 1 Tbsp fresh rosemary, finely chopped

### Dark Cherry (or Cranberry) Sauce: - see notes

- 1 cup fresh cherries, pits removed. (or, use fresh cranberries)
- 1/2 cup water
- 2-3 Tbsp 0 calorie sugar replacement o' choice, to taste
- 1/8 tsp each, ground cinnamon, ginger & nutmeg
- 2 tsp lemon juice
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water

### Additional Ingredients:

- Red onion, 4 thin slices
- Preferred variety of lettuce, I used 'Green Leaf'.

## Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



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- last checked 03/29/24 -

These points **DO NOT INCLUDE THE BREAD!!**  
Use whatever bread you want, then add these points.

## Directions:



- 1 (A) Use a toaster to toast your bread slices a couple of times, until almost darkened on both sides. Let them sit for 30 minutes, till room temperature. The longer they sit, the drier they'll become. Dry is good. Cut into small pieces, set aside. (B) In a medium sized pot, use cooking spray to sautee the onions, celery, carrots and garlic for 5-6 minutes on medium heat. Then, add the chicken broth, onion and garlic powders, salt, pepper, sage and rosemary. Simmer for 15 minutes at low heat. (C) Turn off the heat, and stir in the dried bread, smashing it slightly. (D) Cover with a lid and let sit for 10-15 minutes. Remove lid and stir, mashing it up a bit more. Season with salt and pepper to taste. If it's too dry, stir in a little bit more hot chicken broth, if needed. Set aside.
- 2 Bring the Gravy ingredients to a boil, in a small pot. Cook at a hard boil for 4-5 minutes. Set aside to cool.



- 3 (A) Use a cherry-pit removing tool, then slice the cherries in half, OR... slice the cherries in half and remove the pits. Add all of the ingredients, EXCEPT FOR the dissolved cornstarch, to a small pot and bring to a boil for 10 minutes. (B) Either blend the cherries, or mash them in the pot, till pulverized. Add the dissolved cornstarch and simmer for 4 minutes. (C) Set aside to cool. (D) Preheat a pan over medium heat till water sizzles on it, then spray with cooking spray. Add the patties and cook for 2.5 minutes per side. Set aside. Rewarm the gravy on the stove.



- 4 To assemble the burgers, first, toast your buns, then... (A) From the bottom up, place some lettuce, then a thin slice of red onion, followed by a turkey patty. Use a measuring spoon to scoop 2 Tbsp of gravy onto the patty. (B) Measure and place 1/2 cup of dressing onto the gravy-laden patty and form into a mound. (C) Pour 2 Tbsp of the cherry (or cranberry) sauce onto the stuffing, then (D) Cover with the top bun. Done.

## NOTES & SUGGESTIONS:

- **SLICED BREAD:** I used Sara Lee 45 calorie bread because most major stores carry it. Use whatever brand of low point bread you can find. Five slices of Sara Lee were 7 points. If you have access to 1 point per slice 'KETO' bread... go ahead and use it. However, be warned. I have tried making "low point stuffing" with multiple brands of 1 point sliced keto bread... around 7 different brands so far, from Keto Culture to Orrowheat and all of them have been extremely 'hit or miss' with the texture that their stuffing makes. For the most consistent and 'normal' finished stuffing texture, I highly recommend the sara lee bread. It's the only time I'll ever recommend non-keto sliced bread.
- **CHERRY SAUCE???:** It was intended to be a cranberry sauce. However, cranberries were out of season and none of the stores around me even had frozen cranberries. As a result... I substituted fresh dark 'sweet' cherries in place of cranberries. When cranberries are back in season, you can use them instead. However... after trying this sauce, I will never go back to cranberry sauce. This sauce is amazing. It's sweet, spiced, not very tart... it's awesome. However, if you DO use cranberries, add an extra 1 Tbsp of sugar replacement, because cranberries are really tart.
- **FRENCH'S FRIED ONIONS:** Want to add an awesome texture kick to this burger? Place a 1 Tbsp scoop of French's fried onions on top of the cherry sauce, on each burger. It will add 1 point per burger, but it gives a nice crunch AND it definitely adds some extra Thanksgiving flavor.

