Taco
Burgers or Sliders

A recipe from BH & G Fast & Healthy
modified by KC Coake and posted on realcoake.com

Servings: 4

Prep & Cook Time: About 30 minutes

Ingredients::

- 1 pound ground beef
- 2 tablespoons chunky salsa
- 4 teaspoons taco seasoning
- Sliced Colby Jack cheese
- Lettuce
- Guacamole
- Salsa
- 8 Wheat dinner rolls or 4 Wheat Burger buns

Directions:

1. Combine the ground beef, salsa and taco seasoning. Mix just until combined.
2. Divide the meat into 4 or 8 equal patties for burgers or sliders respectively.
3. Cook over medium heat 4 to 5 minutes per side for sliders and longer for burgers.
4. Split rolls in half. Place lettuce, burger/slider, cheese, guacamole, and salsa on roll.
5. Serve

A complimentary recipe for personal use only from realcoake.com
http://www.realcoake.com/2015/03/tasty-taco-burgers.html