

The Kitchen Tourists' Best Tex-Mex Burger

- **Prep Time:** 15 mins
- **Total Time:** 27 mins
- **Servings:** 4

About This Recipe

"Sizzling with flavour! This Tex-Mex Burger has a lot of taste appeal and the visual isn't half-bad, either. Your mouth will explode with the flavours of spicy-hot Tex-Mex cuisine, tempered with a guacamole dressing.

Ingredients

Guacamole Dressing

- 1 avocado
- 1 tablespoon mayonnaise
- 3 teaspoons fresh lime juice (or 2 tsps fresh lemon juice)
- 1 dash hot sauce (not too much, more heat will come with the minced chipotle)
- salt
- 1 plum tomato, seeded and chopped
- 1 tablespoon minced chipotle chile in adobo
- 1/4 cup thinly sliced scallion
- 1 tablespoon minced fresh cilantro, to taste

Burgers

- 1 1/2 lbs lean ground beef
- 1 1/2 teaspoons chili powder
- salt
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons dried oregano
- 4 slices monterey jack cheese or 4 slices cheddar cheese
- 4 whole wheat hamburger buns, we like them toasted on the grill (if you can get bakery, seeded rolls, so much the better)

To garnish

- pickled jalapeno pepper, rings (store bought or Recipe #170474)
- 4 buttery-crisp lettuce leaves

Directions

1. Halve, pit and peel avocado.
2. Mash $\frac{1}{4}$ of avocado with a fork; add mayonnaise, lemon juice, hot sauce and salt to taste; mash with back of fork until smooth.
3. Stir in tomato, chipotle, scallion, cilantro, and remaining avocado, cut into $\frac{1}{4}$ inch cubes and fold together gently but thoroughly. Cover surface with plastic wrap and refrigerate until ready to use.
4. Mix chili powder, cumin, oregano and salt into beef. Handling beef as little as possible, divide it into quarters; shape each quarter into a patty.
5. Heat a well-seasoned, ridged, cast-iron pan over moderately-high heat (or grill on bbq) until hot and cook the hamburgers 5 $\frac{1}{2}$ minutes per side for rare.
6. Top with cheese slices and cook, covered, for 1 minute, to melt cheese.
7. Transfer to a plate and let stand, tented loosely with foil, for 3 minutes, to finish cooking.
8. Transfer to hamburger buns; top with guacamole dressing, sliced, pickled jalapeno rings (to taste) and lettuce.

Nutrition Facts

Amount Per Serving
 % Daily Value
 Calories 328.5

Calories from Fat 180
 55%

Amount Per Serving
 % Daily Value

Total Fat 20.0g
 30%

Saturated Fat 7.2g
 36%

Cholesterol 25.8mg
 8%

Sugars 4.3 g

Sodium 403.7mg
 16%

Total Carbohydrate 27.7g
 9%

Dietary Fiber 6.2g
 25%

Sugars 4.3 g
 17%

Protein 12.9g
 25%