

# **STUFZ** **ULTIMATE** **Stuffed Burger System**

## **Healthy Burger –**

Serves 4

Makes 4 - 1/2Lb Turkey Burgers

Ingredients:

- 2 Lbs Ground turkey
- 2 Cups spinach
- 1 Cup feta cheese
- 1/2 Cup bread crumbs

Directions:

- Mix meat, bread crumbs together in a bowl
- Place 5 ounce of meat mixture in Stufz and shape.
- Add spinach to the cavity amount to your liking
- Add feta cheese the cavity amount to your liking.
- Seal and remove burger.
- Cook to done on grill / oven or stove top.
- Add bun or eat without.