

Uploaded to the VFC Website





This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a A 501(c)(3) Non-Profit Organizaton
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Fajita Burgers

- 1 pound 90%-lean ground beef
- 3/4 Cup chopped fresh cilantro, divided
- 1/2 Cup finely chopped red onion
- 1/4 Cup chopped scallions
- 2 Tsp minced garlic
- 1 Tbsp chili powder, preferably New Mexican
- 1 Tsp ground cumin
- 1/2 Tsp dried oregano, preferably Mexican
- 1/2 Tsp freshly ground pepper
- 1/4 Tsp salt
- 1/3 Cup reduced-fat mayonnaise
- 1 Tbsp lime juice
- 1 Tbsp chopped chipotle chile in adobo, (see Ingredient Note)
- 1/2 Cup shredded Monterey Jack cheese
- 4 French rolls, preferably whole-wheat, split and toasted
- 2 Roasted Anaheim or poblano peppers, (see Tip)
- 1 Cup shredded green cabbage
- 4 Slices tomato
- 4 Thin slices red onion
 - 1) Preheat grill to medium-high.
 - 2) Place beef, 1/4 cup cilantro, onion, scallions, garlic, chili powder, cumin, oregano, pepper and salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 4 equal patties, about 1/2 inch thick and oval-shaped to match the rolls.
 - 3) Combine the remaining 1/2 cup cilantro, mayonnaise, lime juice and chipotle in a small bowl.
 - 4) Peel the roasted peppers, halve lengthwise and remove the seeds.
 - 5) Oil the grill rack (see Tip). Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, about 6 minutes per side. Top with cheese and cook until it is melted, about 1 minute more.
 - 6) Assemble the burgers on toasted rolls with the chipotle mayonnaise, half a roasted pepper, cabbage, tomato and onion.

Makes 4 Servings

