

# Stuffed Sausage Burgers



Servings: 4

- 1 pound ground pork
- 1 teaspoon salt
- 1 teaspoon fennel seeds
- 1/4 teaspoon red pepper flakes, optional
- 1 tablespoon paprika
- 3 garlic cloves, minced
- 1/4 cup bread crumbs
- 1 large egg
- 1 cup cheddar cheese, grated
- 4 burger buns

In a bowl combine ground pork, salt, fennel seeds, red pepper flakes, paprika, garlic, bread crumbs, and egg. Mix until fully combined.

Form the ground pork into 8 patties. Place 1/4 cup of cheddar cheese in the centre of 4 patties. Top with the remaining patties and press the edges firmly to seal.

Grill burgers, covered, over medium heat until a thermometer reads 145°F and juices run clear about 5-7 minutes on each side.

Place your sausage burgers on to the buns and top with desired toppings.

Serve

Per Serving (excluding unknown items): 589 Calories; 37g Fat (57.8% calories from fat); 33g Protein; 29g Carbohydrate; 2g Dietary Fiber; 158mg Cholesterol; 1087mg Sodium. Exchanges: 2 Grain (Starch); 4 Lean Meat; 0 Vegetable; 5 Fat.