

Szechuan Turkey Patty From: Laura Bruns 4/23/2019

I received this recipe from my mother who got it from my sister-in-law. I can't count how many times I've used this. I've tripled the recipe and froze the uncooked patties for an easy grab n' cook dinner. On occasion I've added finely chopped celery, green onion, and carrot.



Ingredients:

1lb	Lean Ground Turkey
1 lg	Egg
2 Tbs	Szechuan Sauce
1 Tbs	Low Sodium Soy Sauce
2 Tbs	Breadcrumbs (optional)

Directions:

Mixed all ingredients together in large mixing bowl. Separate into 4 patties. Heat pan with 1 Tbs olive oil. Gently place patties into pan. Cook until internal temperature reaches 165, flipping halfway through. Roughly 3-4 mins on each side.