

Beef

Jalapeno Popper Burgers

Servings: 4

Preparation Time: 30 minutes

Grill Time: 15 minutes

3 jalapeno peppers, halved lengthwise and seeded

1 teaspoon olive oil

6 bacon strips, cooked and crumbled

1 package (3 oz) cream cheese, softened

2 cloves garlic, minced

1 teaspoon salt

1 teaspoon lemon-pepper seasoning

1/2 teaspoon pepper

1/4 teaspoon paprika

2 pounds ground beef

4 slices pepper jack cheese

4 hamburger buns

4 lettuce leaves

1 large tomato, skliced

3/4 cup guacamole

Brush the jalapenos with oil. Grill, covered, over medium heat for 3 to 5 minutes or until tender, turning occasionally. When cool enough to handle, finely chop.

In a small bowl, combine the bacon, cream cheese and jalapeno until blended.

In a large bowl, combine the garlic, salt, lemon-pepper, pepper and paprika. Crumble the beef over the mixture and mix well.. Shape into eight thin patties. Spoon bacon mixture onto the center of four patties. Top with the remaining patties and press edges firmly to seal.

Grill the burgers, covered, over medium heat or broil 4 inches from heat for 6 to 7 minutes on each side. Top with pepper jack cheese. Cover and cook for 1 to 2 minutes longer or until cheese is melted.

Grill the buns, cut side down, over medium heat for 30 to 60 seconds or until toasted.

Serve the burgers on the buns with lettuce, tomato and guacamole.

Per Serving (excluding unknown items): 1175 Calories; 95g Fat (72.9% calories from fat); 50g Protein; 29g Carbohydrate; 3g Dietary Fiber; 265mg Cholesterol; 1311mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 15 1/2 Fat; 0 Other Carbohydrates.