

## **Mexican Burgers**

Recipe Cookbook: The Working Family's Cookbook

### **INGREDIENTS:**

1 1/2 lbs ground beef, very lean  
1 TBS chili powder  
Salt  
Freshly ground pepper  
4 corn tortillas  
Crisco vegetable oil, for frying  
Lettuce, chopped for garnish  
1 C salsa  
Plain low-fat yogurt, for garnish

### **DIRECTIONS:**

In a large skillet, heat the vegetable oil over medium-high heat until very hot. One at a time, fry the tortillas for about 30 seconds on each side till they are golden & crispy. Drain the tortillas on paper towels.

Heat the broiler or light the charcoal grill. Let the coals get medium hot. In a medium-sized bowl, combine the beef, chili powder, salt & pepper. Shape the mixture into 4 patties, each about 3/4" thick.

Cook hamburgers in the broiler or on a lightly oiled grill, about 5 inches from heat source, turning once, for 8-10 minutes till well done but still juicy.

Spread the tortillas on individual plates. On each tortilla, put a mound of chopped lettuce, one burger & salsa to taste. Top with a dollop of yogurt, fold the tortilla over & serve immediately.

Serves: 4