

Smorgasburgers

Makes: 96 Servings

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Ingredients	Weight	Measure
Vegetable oil, divided		2 cup
Onions, medium, chopped	16 each	
Apples, medium, peeled, chopped	16 each	
Garlic cloves, minced	16 each	
Sage, dried		1/3 cup
Ground turkey, raw	16 lb	
Brown rice, cooked	3 gal	
Ketchup		

Nutrition Information

Nutrients	Amount
Calories	426
Total Fat	15 g
Saturated Fat	3 g
Cholesterol	56 mg
Sodium	561 mg
Total Carbohydrate	50 g
Dietary Fiber	4 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	22 g
Vitamin D	N/A
Calcium	92 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	
Meal Components	
Fruits	1/8 cup
Vegetables	1/8 cup
Meat / Meat Alternate	1 3/4 ounces

Black pepper		1 Tbsp
Salt		3 Tbsp
Hamburger buns, toasted	96 each	

Directions

1. Heat 1 cup vegetable oil over medium-high heat until hot. Add onions, apples, garlic and sage; cook 3 to 5 minutes or until onion is tender. Remove from heat.
 2. Combine onion mixture, ground turkey, rice, ketchup, salt and pepper. Shape into 8 oz. patties.
 3. Heat remaining 1 cup of vegetable oil over medium-high heat until hot. Cook burgers to 160 degrees F, about 6 minutes each side.
 4. Serve on hamburger buns with condiments, if desired.
- Source:** USA Rice Federation