

Juicy, Lean Ground Turkey Burgers - Easy, Quick Recipe

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Co-authored by **wikiHow Staff** and **11 contributors**

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Turkey burgers are a healthy burger alternative to a regular hamburger. Unfortunately, they often get a bad rap for being dry and bland. That shouldn't put you off of turkey burgers, though. If you're sure to season your ground turkey before you make your patties, you'll wind up with tasty, juicy burgers that you can add your favorite toppings to in no time.

Things You'll Need

- ☐ Grater
- ☐ Large bowl
- ☐ A fork
- ☐ Large skillet
- ☐ Metal spatula

Ingredients

- ☐ ½ medium onion
- ☐ 1 pound (approximately 454 g) lean ground turkey
- ☐ 1 garlic clove, minced
- ☐ 1 tablespoon (approximately 30 ml) Worcestershire sauce
- ☐ 2 tablespoons (approximately 34 g) ketchup
- ☐ ¾ teaspoon (approximately 4g) salt
- ☐ Freshly ground pepper, to taste
- ☐ 1 tablespoon (approximately 30 ml) olive or canola oil
- ☐ 3-4 buns or rolls
- ☐ 4 slices cheese of choice (optional)
- ☐ Desired burger toppings, such as lettuce, sliced tomato, chopped onion, and pickles
- ☐ Desired burger condiments, such as ketchup, mustard, mayonnaise, or barbecue sauce

Part 1 of 3: Making the Burgers



1 Grate the onion. Take half a medium onion, and use the fine side of a grater to grate the onion. You should wind up with approximately 2 tablespoons (30 g) of grated onion, as well as some juice, which you can discard.

- If you don't have a grater, you can finely dice the onion with a knife. Keep in mind that the onions will be more noticeable in the finished burgers if you dice instead of grating, though.



2 Combine the turkey, grated onion, garlic, Worcestershire sauce, ketchup, salt, and pepper. In large mixing bowl, combine 1 pound (approximately 454 g) lean ground turkey, the grated onion, 1 clove of minced garlic, 1 tablespoon (approximately 30 ml) Worcestershire sauce, 2 tablespoons (approximately 34 g) ketchup, $\frac{3}{4}$ teaspoon (approximately 4g) salt, and freshly ground pepper to taste. Use a fork to mix the ingredients until they are thoroughly combined.

- You may find it easier to use your hands to mix the ground turkey with the other ingredients. Just make sure to wash your hands well before and after mixing.



3 Shape the turkey mixture into patties. Once all of the ingredients are well mixed, divide the mixture in 3 or 4, depending on how large you want your burgers to be. Shape each bit of the meat into a patty that's approximately 1-inch (25.4 mm) thick.

- If you're having trouble forming uniform patties for your burgers, take the lid from old peanut butter or another jar, line it with plastic wrap, and use it as a mold to form a perfect patty.^[1]



1 Heat the oil in a large skillet. Find a skillet that's large enough to hold your 3 or 4 patties without crowding them, and place it on the stove. Turn the heat to medium-high, and add 1 tablespoon (approximately 30 ml) of olive oil or canola oil. Heat the oil until it starts to shimmer, which typically takes 1 to 2 minutes.^[2]

- Instead of a skillet or frying pan, you can also use a griddle to cook the turkey burgers.
- If you prefer, you can use a non-stick cooking spray in place of the oil.
- You can make sure that the pan is hot enough to add the burgers by placing your hand over it. If you can feel the heat, it's ready for the burgers.



2 Place the patties in the skillet and brown the bottoms. Once the skillet is hot for cooking, place the burgers patties in the pan. Make sure that they're not crowded too closely together. Cook the patties for approximately 4 to 5 minutes, or until the bottoms are brown.^[3]

- To check if the bottoms of the burgers are brown, use a metal spatula to carefully lift an edge so you can take a peek.



3 Flip the burgers and cook another 5 minutes. Once the bottoms are brown, use the metal spatula to carefully flip the burgers to the other side. Allow them to cook for another 4 to 5 minutes on the other side until it is brown and the burgers are cooked through.^[4]

- Turkey burgers are cooked all the way through when their internal temperature reaches 165 degrees Fahrenheit (approximately 74 degrees Celsius). Have a meat thermometer on hand, so you can check your burgers to see if they're done.



4 Melt some cheese on the burgers if desired. Like a classic cheeseburger, your turkey burgers can become even more delicious if you melt some cheese on them. If you are a fan of cheese on your burgers, place a slice of the cheese of your choice on the burger about 1 minute before it will be done.^[5]

- You can use any type of cheese that you like on your turkey burger, but American, cheddar, swiss, and gouda are tasty options.
- Instead of sliced cheese, you can sprinkle shredded cheese on your burgers. It usually melts more quickly than slices, though, so you can wait until 30 seconds before you're going to take the burgers out of the pan to add it.

Part 3 of 3: Assembling the Burgers



1 Place the burgers on buns. When you're sure that the turkey has been cooked through, remove the burgers from the pan with a spatula and place them on hamburger buns. You don't necessarily have to use buns that are marketed specifically for burgers. Use your favorite sandwich rolls or bread.

- If you prefer a low carb option, use one or two leaves of iceberg, butter, or green leaf lettuce to wrap around the burgers in place of a bun or bread.



2 Add toppings of your choice. On the buns, dress up the burgers exactly as you would beef burgers. You can use lettuce, sliced tomato, chopped onion, pickles, relish, caramelized onions, diced jalapenos, mushrooms, or your favorite burger toppings to add extra flavor to your turkey burgers.^[6]

- A couple of slices of cooked bacon can not only add flavor, but some extra crunch to your turkey burger as well.



3 Spread condiments of your choice on top. Before you sit down to eat your turkey burger, it's a good idea to add a condiment to the top of the burger or top bun. Go the traditional route with ketchup, or mix things up with a little mustard. You can even go with a combination of both if you prefer. Use your favorite condiment or burger sauce as a finishing touch to your tasty turkey burger.[7]

- Barbecue sauce, mayonnaise, honey mustard, steak sauce, and bleu cheese dressing are all delicious condiments for your turkey burger.
- Give your turkey burger some unique flavor by spreading a little salsa or even marinara sauce on top instead of the usual ketchup.



4 Finished.



Community Q&A

Question

Where do I get my turkey?



Community Answer

At a local butchers or a farm is ideal. You can also get it from a supermarket, of course.

Helpful 2 Not Helpful 0

Question

Can I broil the burgers?



Community Answer

Not a good idea. Turkey is a very lean meat, and prone to easily burning.

Helpful 2 Not Helpful 0

Question

Where can I see videos on how to cook turkey burgers?



Community Answer

You can go on YouTube and find tons of videos about how to make delicious turkey burgers!

Helpful 1 Not Helpful 2



Tips

- If you want to grill your turkey burgers, heat the grill to 450 °F (232 °C). Grill them for about seven minutes per side, making sure that the internal temperature reaches 165 °F (74 °C).
- It's best to use ground turkey and form your burgers because you can season them and ensure that they stay moist. Pre-formed turkey burger patties can often be dry and somewhat bland.
- Avoid pressing on the top of turkey burgers as they're cooking. That can cause them to lose their natural juices.



Warnings

- Make sure to keep a close watch of your turkey meat when cooking because ground turkey can easily be overcooked. Keep a meat thermometer handy.

References

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wikiHow Staff
wikiHow Staff Writer

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