

TSG Fiesta Burgers

- 1 lb lean ground beef
- 1 cup **TSG Black Bean and Corn Salsa**
- 1/2 cup shredded Cheddar cheese (about 2 oz)
- 1/3 cup cornmeal or plain dry breadcrumbs

1. Combine meat and TSG black bean and corn salsa in a medium bowl. Mix with the side of a spoon until salsa is blended into meat.
2. Sprinkle shredded cheese and cornmeal over meat in two batches, mixing after each addition.
3. Form into burgers by pressing meat firmly together. Pan fry about 5 minutes on each side. Serve on buns, topped with additional TSG black bean and corn salsa.

Makes 4 to 6 burgers

To cook burgers on the grill: Do not add shredded cheese to the meat mixture; it will stick to the grill. Instead, add 2 Tbsp extra cornmeal and 1/2 tsp salt. Then place a slice of Cheddar cheese on the burger after it cooks on one side.