Blazing Poblano Burger

A plate of food

Description automatically generated with medium confidence

Ingredients:

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| Phil’s Fresh DHA Omega-3 Large Eggs | 4 |
| Poblano Peppers | 2 |
| Lean Ground Beef | 1lb |
| Onion, finely chopped | ½ cup |
| Garlic pepper | 1 tbsp |
| Paprika | ½ tsp |
| Cayenne Pepper | ¼ tsp |
| Salt | 1 tsp |
| Pepper | 1 tsp |
| Pretzel buns | 4 |
| Lettuce Leaves | 4 |
| Tomato, sliced | 1 |
| Blue cheese, crumbled | ¼ cup |

Directions:

1. Place poblano peppers over a medium-high flame or a skillet on medium high setting. Turning on all sides with tongs to roast evenly. Skin should be blistered and lightly charred. Immediately place roasted peppers in a plastic bag. Seal bag and steam for 10 minutes.
2. Spray a fry pan with coking oil and heat to medium-high. Break eggs one at a time, and cook until desired doneness. Cover and keep on very low heat
3. Remove peppers from bag and rub off charred skin with fingers or a paper towel. Skin will peel off easily. Remove poblano stems and seeds. Slice open and scrape veins and remaining seeds with a small knife. Slice in large strips. Keep warm.
4. In the meantime, place ground beef in a medium bowl. Add onion, garlic powder, paprika, cayenne pepper, salt and pepper. Mix with hands until all ingredients have combined. Divide into 4 patties.
5. Grill or cook patties in a cast iron skillet on stove top for 3-5 minutes on each side.
6. Place cooked patties on bottoms of sliced pretzel buns. Add lettuce, tomato, pepper strips, blue cheese and top with fried egg and pretzel bun top.