



Spicy Turkey Sausage

This sausage is a flavorful addition to any meal of the day.

U.S.

1 lb	Turkey, ground, 93/7
1/2 tsp	Kosher Salt
1 Tbsp	Worcestershire Sauce
1 tsp	Fennel Seed
1 tsp	Smoked Paprika
1/4 tsp	Cayenne
1/4 tsp	Crushed Red Pepper
1 tsp	Onion Powder
1 1/2 tsp	Garlic Powder
1 1/2 tsp	Thyme, dried
2 tsp	Tomato Paste
1 Tbsp	Olive Oil

Metric

0.455 kg
3 g
15 mL
1 g
3 g
0.75 g
0.75 g
3 g
4.5 g
1.5 g
10 mL
15 mL

Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients except the oil in a large bowl. Mix until just incorporated with your hands or a wooden spoon.
3. Form 1 oz patties from the mixture. You should have around 16 patties.
4. In a medium saute pan, add oil to make an even layer on the bottom of the pan. Heat over medium heat until hot.
5. Add patties in batches and cook on all sides for approximately 2 minutes per side until brown and the internal temperature is 165°F.

Nutrition Facts

8 Servings

Serving size **2 oz**

Amount per serving

Calories **100**

Calories from Fat 60

Total Fat 6 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 1.5 g

Cholesterol 45 mg

Sodium 200 mg

Total Carbohydrate 2 g

 Dietary Fiber 0 g

 Total Sugars 0 g

 Includes 0 g Added Sugars

Protein 10 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 50 mg

Phosphorus 9 mg
