
Beet Burgers

Description

Chef Alyssa's goal with this recipe was to create an easy veggie burger that can hold all the fixings and bring on a satisfied smile. She also likes to it wrapped inside a lettuce leaf with a dollop of mayo and a slice of tomato.

Total time: 40 min Yield: 4 to 6 servings

Ingredients

1 cup beets (peeled, cut into 1" chunks)
1/2 cup onion (cut into 1" chunks)
3/4 cup mushrooms (large chop)
1 cup walnuts (large chop)
15 oz can black beans (drained and dried well)
2 clove garlic (minced)
1 Tbsp olive oil
1 tsp dried thyme
1 tsp salt
1/4 tsp black pepper

Prep Time: 10 min Cooking Time: 30 min Total Time: 40 min

Instructions

In a food processor, pulse together beets and onion. Add in the mushrooms, walnuts, black beans, garlic, olive oil, thyme, salt and pepper. Process until mixture is cohesive.

Preheat the oven at 350°F. Form mixture into four to six patties and place on a parchment paper lined sheet. Bake for 20 minutes, then turn. Bake for 10 minutes more or until firm and crisp.

Recipe brought to you by:

Chef Alyssa Moreau