

Create-Your-Own Veggie Burgers and Patties



This is an all-purpose template that can be used to take whatever ingredients you have (or can imagine) and turn them into plant-based burgers! These are nothing like the hamburger look-alikes filled with saturated fat, sodium, and highly processed ingredients engineered to taste like meat. These burgers are filled with plant-based goodness and taste like the ingredients they contain. You can also use this template to make smaller, falafel-sized patties

and use them in wraps or for toppings on salads or bowls (see the “Building Healthy Bowls” recipe). For the recipe shown in the “Veggie Burgers” video, that accompanies this curriculum, use the other “Veggie Burgers” recipe rather than this more general template recipe. The pictures shown give examples of falafels, patties, and burgers.

Serves: 8; makes 8 burgers or about 30 falafel-sized patties

INGREDIENTS

2 tablespoons (30 milliliters) olive oil (or ¼ cup [60 milliliters] water or broth)

2 small cloves garlic, minced

1 medium onion, small dice

Salt, to taste, optional

2 cups (480 milliliters) vegetables, small dice or finely chopped in a food processor

1½ cups (400 grams) cooked beans or lentils, well-drained

¼ cup (60 milliliters) chopped nuts or seeds, nut butter, tahini, or chopped olives

1 cup (240 milliliters) cooked, whole grains

¼ cup (60 milliliters) finely minced herbs or

scallions

½ cup (120 milliliters) binder (e.g., whole grain breadcrumbs, oats, ground flaxseed, or almond meal)

1 tablespoon (15 milliliters) spice mixture of your choice (e.g., chili powder, curry powder, or a mixture of individual spices you like); adjust amount based on your flavor preferences

2 tablespoons (60 milliliters) Worcestershire sauce (check ingredients, some contain fish), optional

¼ teaspoon (1.25 milliliters) liquid smoke, optional

2 tablespoons (30 milliliters) oil for cooking, optional

INSTRUCTIONS

1. Heat large skillet over medium-high heat, then add oil or water. Add garlic, onions, and a pinch of salt, sautéing over medium heat to cook until no longer releasing a lot of liquid. Then add other vegetables in four batches with a small pinch of salt (optional), cooking a bit while stirring between each addition to cook out the excess moisture.

This step helps prevent burgers from being soggy and helps develop a meatier texture. Sauté, stirring frequently until vegetables have cooked through and are no longer exuding liquid, about 8 to 10 minutes. You may need to reduce heat or add a bit of water toward the end of cooking to prevent burning.

2. Add all cooked vegetables, beans or lentils, nuts/seeds, whole grains, herbs and/or scallions, binder ingredient(s), and spices/seasonings to the bowl of a large food processor and pulse to combine until the pieces are about the size of ground meat. It should still have some texture and hold together when pressed into a ball. If too wet, pulse in more binder. If too dry, add a teaspoon or two of water.
3. Taste a small piece and adjust seasoning to taste by adding more spices or salt, as needed.
4. Form into either 8 burgers or around 30 falafel-sized patties, depending on their intended use.
5. Mix together Worcestershire sauce and liquid smoke, if using.
6. Heat a clean, large nonstick skillet over medium to medium-high heat, then add 1 tablespoon (15 milliliters) of oil (optional) and add a batch of the burgers or patties to the pan, brush lightly with Worcestershire sauce mixture, cooking until browned on the first side, then flip, brush again with sauce, and cook until browned on the second side and cooked through. This will take about 3 to 5 minutes per side for burgers and 2 to 3 minutes per side for falafel-sized patties. Repeat. Alternatively, you can heat two pans and cook all the burgers/patties at once.
 - If you prefer to skip the oil, you can heat an oven to 375°F (190°C), line a sheet pan with parchment paper, and place the patties on the pan. Bake for 10 to 15 minutes before flipping and cooking 5 to 10 more minutes until heated through and slightly browned on the outside. Internal temperature should be 165°F (74°C).
7. Serve immediately or place on a rack to cool. If freezing for later, make sure they are completely cool before wrapping tightly and storing in an airtight container for up to 3 months. To reheat, you can heat in a dry skillet on the stove top, microwave, or bake at 350°F (175°C) until heated through (internal temperature should be 165°F [74°C]), flipping partway through heating. Note that they will have a softer texture if using the microwave.

NOTES

- If you don't have a food processor, get your hands dirty and mash ingredients together manually.
- For any ingredients with a list of options, you can pick more than one option but keep the total volume listed in the recipe. For example, if you want to use two different binder ingredients, you could use ¼ cup each to make up the ½ cup volume listed.

Nutritional Info (per ⅓ recipe, made with oil, using Veggie Burgers recipe, but will vary based on ingredients used): Calories 299, Total Fat 12.4 g, Saturated Fat 1.6 g, Cholesterol 0 mg, Sodium 145 mg, Total Carbohydrate 37.6 g, Dietary Fiber 7.5 g, Sugars 3.2 g, Protein 12.2 g, Vitamin A 10%, Vitamin C 12%, Calcium 4%, Iron 20%, Potassium 11%, Zinc 17%, Magnesium 16%

Nutritional Info (per ⅓ recipe, made without oil, using Veggie Burgers recipe, but will vary based on ingredients used): Calories 240, Total Fat 5.4 g, Saturated Fat 0.6 g, Cholesterol 0 mg, Sodium 145 mg, Total Carbohydrate 37.6 g, Dietary Fiber 7.5 g, Sugars 3.2 g, Protein 12.2 g, Vitamin A 10%, Vitamin C 12%, Calcium 4%, Iron 20%, Potassium 11%, Zinc 17%, Magnesium 16%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
