

Veggie Burgers



This is the version of the “Create-Your-Own Veggie Burgers and Patties” recipe shown in the “Veggie Burgers” video that accompanies the curriculum. This is an incredibly tasty veggie burger. If you want to make modifications or create your own version, use the “Create-Your-Own Veggie Burgers and Patties” recipe, which 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! Or shape the mix into small balls or patties before cooking and turn these (or your own creation) into falafels for bowls or wraps or meatballs to use in pastas or other dishes.

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

INGREDIENTS

2 tablespoons (30 milliliters) olive oil (or ¼ cup [60 milliliters] water or broth)	finely chopped parsley
2 small cloves garlic, minced	2 tablespoons (30 milliliters) finely chopped scallions
1 medium onion, small dice	¼ cup (60 milliliters) ground flaxseed
Salt, to taste, optional	¼ cup (60 milliliters) quick-cooking or instant oatmeal
½ cup (120 milliliters) small diced or minced cremini mushrooms	1 teaspoon (5 milliliters) smoked paprika
½ cup (120 milliliters) small diced or minced broccoli	1 teaspoon (5 milliliters) ground chili powder (from a medium-heat chili pepper)
½ cup (120 milliliters) finely shredded carrot	1 teaspoon (5 milliliters) salt-free seasoning
½ cup (120 milliliters) finely shredded red beets	¼ teaspoon (1.25 milliliters) black pepper
1½ cups (400 grams) cooked brown lentils, well-drained	2 tablespoons (60 milliliters) Worcestershire sauce (check ingredients, some contain fish), optional
¼ cup (60 milliliters) finely chopped or ground walnuts	¼ teaspoon (1.25 milliliters) liquid smoke, optional
1 cup (240 milliliters) cooked, short-grain brown rice	2 tablespoons (30 milliliters) oil for cooking, optional
2 tablespoons (30 milliliters)	

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 (cremini mushrooms, broccoli, carrots, and beets), one at a time with a pinch of salt, 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, lentils, walnuts, brown rice, parsley, scallions, ground flaxseed, oatmeal, and 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 oatmeal. If too dry, add a teaspoon or two (5 to 10 milliliters) 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 or meatballs, 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 or place on a rack to cool. If freezing for later, make sure patties 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 stovetop, 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.

N O T E S

- If you don't have a food processor, get your hands dirty and mash ingredients together manually.

Nutritional Info (1/8 recipe made with oil): 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 (1/8 recipe made without oil): 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>.
