

Veggie Burger

1/2 cup uncooked lentils makes about 1 1/2 c cooked.

1/2	cup	lentils, rinsed	1	Tbs	Ginger-root; fresh; minced
1 1/2	cup	broccoli	1	tbs	jalapeno chiles, stemmed, seeded and finely diced
2	small	carrots	2	tsp	mustard powder
1	Tbs	onion flakes	2	tsp	chili powder
1	Tbs	sesame seeds	1 1/2	tsp	paprika
2	Tbs	chickpea flour	1 1/2	tsp	red pepper flakes
2	Tbs	bread crumbs	1	tsp	black pepper
2	Tbs	flour	1	tsp	cinnamon
2	tsp	liquid smoke	1	tsp	celery seed
2	tsp	garlic clove, minced	1	tsp	cumin

Procedure

- 1 Cook lentils just until done. You want them to be firm. Drain once cooked.
- 2 Using broccoli stems, mince broccoli and carrots until very tiny.
- 3 Mix all ingredients, patty and "fry" on a pancake griddle. Top with BBQ sauce or favorite burger sauces.

Servings: 10

Yield: 10 patties

Nutrition Facts

Nutrition (per serving): 64 calories, 10 calories from fat, 1.3g total fat, 0mg cholesterol, 58.7mg sodium, 137.9mg potassium, 10.9g carbohydrates, 2.6g fiber, 1.4g sugar, 3.7g protein.

Author Notes

Greatly modified from: <http://www.veganricha.com/2013/05/bbq-lentil-veggie-burger-with-mango.html>