

### **Custom Veggie Burgers**

**Prep Time:** 50min **Cook Time:** 8-10

Serves: 8

**Recipe Description:** With this easy formula, you can create your own awesome veggie burger recipe with whatever you have lying around! Feel free to use fresh or frozen vegetables and leftover grains from a previous dinner (or last night's takeout!) to make these burgers even easier.

<u>Formula</u>: 2 Cups of Chopped Veggies + 1 Cup Cooked Grains + 1 and 1/2 Cups Cooked Legumes + 1/2 Cup Flavor-Texture Booster + 3 Tsp. Spices + 1/2 Cup Dry Base

#### STANDARD INGREDIENTS

1 medium onion, diced 1–2 garlic cloves ½ teaspoon salt oil for cooking (e.g. olive oil, coconut oil, peanut oil)

## 2 CUPS VEGETABLES, FINELY DICED OR CHOPPED (PICK 1-3)

sweet potatoes
beets (golden or red)
carrots
mushrooms
spinach
kale
corn
squash
broccoli
cauliflower
artichokes
zucchini
bell peppers

#### 1 CUP COOKED GRAINS (PICK 1)

millet quinoa bulgur rice buckwheat

## 1½ CUPS COOKED LEGUMES, LIQUID RESERVED (PICK 1-2)

canned beans (e.g. black, pinto, cannellini, kidney)
lentils (red or green)
chickpeas
soybeans
mung beans
adzuki beans
black eyed peas

#### 1/2 CUP FLAVOR/TEXTURE BUILDERS (PICK 2)

fresh herbs, finely chopped (e.g. cilantro, basil, dill, parsley, thyme, sage, chives) scallions, thinly sliced chopped nuts (e.g. walnuts, almonds, pecans, cashews) chopped sundried t<sup>Insert Nutrition Label Here</sup> chopped olives flax seeds chia seeds sesame seeds mashed avocado unsweetened nut butter (e.g. peanut, almond, cashew) tahini

#### 3 TEASPOONS SPICES (PICK 2-4)

cumin
chili powder
smoked paprika
cayenne powder
Italian seasoning
black pepper
fennel
oregano
curry powder
coriander
cinnamon
turmeric
citrus zest

#### 1/2 CUP DRY BASE (PICK 1)

ground oats cornmeal bread crumbs panko almond meal

#### **Directions:**

- 1. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the onion, garlic, and salt and cook until the onion is translucent, 2-3 minutes. Add vegetables and cook until soft, 5-10 minutes.
- 2. Transfer the cooked vegetables to a <u>food processor</u>\*. Add all remaining ingredients except the reserved bean liquid and frying oil. Pulse 5-10 times to combine. Don't overdo it; you don't want a paste!
- 3. Press the mixture between your fingers. If you can form a patty with it, you're good to go. If it's too crumbly, add the reserved bean liquid, 1 tablespoon at a time, until it sticks together. If the mixture is too wet, add more of the dry base ingredient, 1 tablespoon at a time, until you reach the right consistency. Taste the mixture and add salt to your taste.
- 4. Form the mixture into 8 patties (about ½ cup of the mixture each) and place on a baking sheet lined with parchment paper. Refrigerate the patties uncovered for 30 minutes. (Don't skip this step! Resting will help the patties stay together.)
- 5. When ready to cook, heat 1 tablespoon of oil in a large skillet over medium-high heat until shimmering. Cook 3-4 patties at a time until brown on one side, then flip and brown the other side. It should take about 3-4 minutes per side. Heat 1 tablespoon of oil in the pan before cooking each batch of burgers.
- 6. Serve immediately or cool and then wrap each burger in foil, place them in a freezer bag, and freeze for later. Reheat in a dry pan on the stove, in the oven or in the microwave.

\*You can also do this in a large bowl with a potato masher. Just make sure your veggies are cooked so they are soft enough to mash! Use a potato masher or large mixing spoon to mix and mash the ingredients together.

**Source:** https://thecookful.com/veggie-burger-formula-make-perfect-burger/

# PERFECT /EGGIE BURGUER FORMULA

STANDARD INGREDIENTS





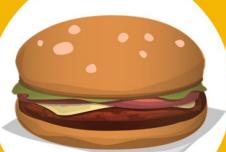




1/2 CUP DRY BASE

(PICK 1)





**2 CUPS VEGETABLES** 

(PICK 1 - 3)



**3 TEASPOONS SPICES** 

(PICK 2 - 4)





**1 CUP COOKED GRAINS** 

(PICK 1)



1/2 CUP FLAVOR/TEXTURE BUILDERS

(PICK 2)



1½ CUPS COOKED LEGUMES **LIQUID RESERVED** 

(PICK 1 - 2)

