Half-Veggie Burgers

Budget-friendly recipe

1 Comment

Serves: 8
Ready in: 25 mins.

This recipe combines the strengths of veggie burgers and beef burgers into one low-cost, high protein burger!

Photo attribution: Leanne Brown

Ingredients

3 cups cooked lentils or beans

1 cup bell pepper or other vegetable *finely chopped*

1 pound lean ground beef or other ground meat

1 Egg *optional*

½ teaspoon Salt

1 teaspoon Ground black pepper

8 whole wheat hamburger buns

What You'll Need

Chef knife

Cutting board

Measuring cups

Measuring spoons

large mixing bowl

Fork

Large skillet or outdoor grill

Spatula

Directions

1. Roughly mash the lentils with a fork.
2. Mix the lentils, veggies, and meat with your hands in a large bowl. If you're going to grill the burgers, add an egg to keep them from crumbling.
3. Add salt and pepper to mixture. Form into 8 patties.
4. Grill the patties either on a barbecue or on the stovetop in a skillet over medium-high heat. Sear until dark brown on one side, then flip them and do the same on the other side.
5. Serve on toasted buns with your favorite condiments and fresh vegetables, like lettuce, tomato, and onion slices.

Chef Tips

You can use almost any vegetable to make these burger patties, except lettuce and other greens. If you pick a hard vegetable like potato, squash, or eggplant, you'll need to cook it first.

Make sure the vegetables are either small to begin with (like corn or peas) or finely chopped so that they cook evenly.

Storage Tips

- If you won't eat all the burgers at once, wrap the raw patties in plastic. Refrigerate for a few days or freeze for up to 2 weeks.

Nutrition Info and more

Serving size: 1

Total calories: 365 Total fat: 7 g Saturated fat: 2 g Carbohydrates: 49 g Protein: 27 g Fiber: 6 g
Sodium: 451 mg