

ROAD NOTES HEALTHY RECIPE
(Rvegan_life @ Instagram)

Ground Bean Burger Lettuce Wraps



Ready in **25 minutes**

Serves **1 smoothie**

Ingredients

- ½ cup black beans
- 1 clove garlic
- 1/3 pcs onion
- 1 ½ tbsp oats
- 1 tbsp buckwheat flour
- 1 tbsp olive oil
- 1 tbsp nutritional yeast
- ¼ tsp Himalayan Sea Salt
- ¼ tsp black pepper
- 1 tsp walnuts or almonds
- 1 tbsp hemp seeds
- 1 tsp flax seeds
- 1 tbsp water
- 2 tbsp corn
- 1 tbsp Tofu
- 1 tbsp cilantro
- ½ pcs bell pepper
- 1 tbsp lemon juice
- 1 cup romana salad

Preparation

1. Mix flax seeds and water, mix and refrigerate.
2. In a pan, sautee the onion with 1 tbsp olive oil for 2-3 minutes or until soften. Add minced garlic, a pinch of sea salt and black pepper and cook for 5 more minutes.

3. In a food processor, mix the nutritional yeast, hemp seeds, walnuts (or almonds), oats, flour, rest of sea salt, black pepper and olive oil, black beans, flax seed mix from the fridge, together with the cooked onions and garlic.
4. Pulse together until everything is mixed and pour this mixture in a large bowl.
5. Add the grounded mix to a hot skillet with a bit of olive oil and cook for 7-10 minutes until are golden brown.
6. Mix lemon juice, 1 tbsp water, sea salt and pepper.
7. Cut the bell pepper and cilantro and crumble the tofu.
8. Add all ingredients on some romana salad leaves and sprinkle some lemon sauce.
9. Enjoy your healthy meal!

Meal Information

Calories: 792.90

Protein: 1.26 oz

Fat: 1.43 oz

Carbs: 2.81 oz

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