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Monster Beet Burger



These taste great. Serve with oven baked veggies, courgettes, aubergines, tomatoes and sweet potatoes – alongside a green herb fresh salad (use coriander/cilantro and basil). For an all gluten-free option use pre-cooked short grain brown rice.

Makes around 4 burgers

INGREDIENTS

2 cups cooked pearl barley

2 beetroot, peeled and cooked (don't overcook it), then when cooled, grate (drain if needed) and set aside

1½ cups sugar-free pineapple, roughly chopped

1 tin red kidney beans

Himalayan salt (available in the US from [here](#), and in the UK from [here](#))

1 medium red onion, roughly chopped

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Shares $\frac{1}{2}$ tsp curry powder

tsp asafoetida (available in the US from [here](#), and in the UK from [here](#))

Tbsp buckwheat flour

tsp Orgran egg replacer (available in the UK from [here](#), or [Ener-G Egg Replacer](#) in the US)

tsp guar gum (available in the US from [here](#), or in the UK from [here](#))



METHOD

1. Place the onion in a food processor and process until small, then add half the pearl barley and half of the kidney beans along with the salt, curry, egg replacer, flour, spices, and half the pineapple, and process until almost smooth.
2. Then add the remaining half of the barley, kidney beans and pineapple, and pulse for a few seconds, so that they only slightly break down. Now gently stir in your grated beetroot.
3. Place in the fridge for a few hours.
4. When ready, heat some oil in a non-stick pan, then using a large cooking spoon, spoon the mixture in portions into the hot olive oil, and fry in a non-stick pan on both sides.
5. Then keep hot in the oven – you must fry first though, otherwise they won't solidify.
6. Enjoy !

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Best Ever Vegan
(Christmas) Fruit Cake

Rich Spicy Lentil &
Sweetcorn Chilli



8 COMMENTS



John Carbonaro

January 4, 2015 at 12:29 am

Beets are in the list of ingredients, but not in the instructions. Do you add them all in at once to the processor or set some aside? Thanks.



Miriam

January 7, 2015 at 7:47 pm

Hi John, have added the beetroot in the recipe instructions. Hope you enjoy them !



Nancy @ imadethisdish

March 16, 2015 at 11:39 am

Hi Miriam, thanks for sharing your recipe on beet burger. Beet is so good for you, however,

there are not many popular recipes available to use beets with. I remember my mom used to make the best beet salad. Yum!

So glad to find more great recipes with beets!

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**Miriam***March 24, 2015 at 9:35 pm*

Nancy Hi – let me know how it goes as and when ! I love beets very much and use them for juicing and salads too ! 😊

**mordy***March 19, 2016 at 12:50 am*

would this recipe for the beet burger, also be good on its own as a loaf or a roast?

**Miriam***March 21, 2016 at 11:41 am*

Hi Mordy, I suppose it could, but I cannot guarantee it will cut as nice as a loaf.

**Komal***October 30, 2016 at 4:23 pm*

Looks like tasty and healthy burger.I will definitely give it a try myself and add recipe on my blog if don't mind.



Miriam

November 4, 2016 at 9:14 am

Sure thing as long as you give a reference link to my blog, that's no problem ! Enjoy !

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