

Beet Burgers

Don't be deterred by the name. These delicious burgers will amaze you.

Ingredients

- 1 cup roasted beets
- 1 cup cooked red lentils
- 12 oz. original tempeh
- 1/2 cup onion (chopped)
- 1/2 cup red & green bell pepper (chopped)
- 2 garlic cloves (minced)
- 1/2 cup oat & pecan crumbs (see recipe below)
- 1/4 cup wheat or all-purpose flour
- 1 tbsp coconut amino
- 1/2 tsp sea salt
- 1 tsp basil
- 1/2 tsp parsley
- 1 tsp red pepper flakes
- 1 tsp ground black pepper
- 1 tsp garlic powder



Instructions

1. Preheat oven to 425 degrees
2. Line cookie sheet with foil
3. Pulse roasted beets, cooked lentils and tempeh in food processor until well blended
4. Add spices and blend
5. Place mixture in a mixing bowl, add chopped vegetables and sprinkle in oat/pecan crumbs and flour.
6. Mixture thoroughly with you hands
7. With a scooper, scoop out mixture and form into patties and place on cooking sheet or baking rack
8. Place in the oven and cook for 20 minutes on one side
9. Remove from the oven; flip over and cook for 10 minutes
10. Once the burgers are done, let them rest for 5 - 10 minutes before serving.

Oat Pecan Crumbs

Ingredients

- 1 cup old fashioned oats
- 1 cup chopped pecans

Instructions

Place oats and pecans in food processor and process until they are crumbled