

THE VEGETABLE BUTCHER

BEET BURGER

While a bright pink burger may be shocking, the outstanding flavor will surprise you even more.



By Joshua James

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Serves 4

Ingredients:

- 2 cups grated raw peeled beets (about 2 medium beets)
- 3/4 cup oat flour
- 1/2 cup cooked lentils (If canned, BPA-free)
- 1/2 cup all-purpose flour
- 1/2 yellow onion, finely chopped
- 2 cloves garlic, finely minced
- 1 tablespoons natural peanut butter
- 2 teaspoon fresh herbs, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Step 1: If you have a grater attachment for your food processor you can use it to grate the beets directly into the processor. If not grate beets with the grater you have, then add the beets, along with all of the remaining ingredients to the food processor. Pulse, stopping to scrape the sides, until the mixture comes together.

Step 2: Form into 4 patties. The patty mixture will be very sticky, so wet your hands in between forming each patty, to help stop the sticking.

Step 3: Heat enough oil to cover the bottom of a large skillet over medium heat. When hot, add the patties. Cooking them low and slow is the key for good texture. Cook about 3 to 5 minutes per side, until they are nicely browned on both sides and hold together well.

Step 4: Serve hot on a bun with your favorite burger toppings.