

Just Beet It - Veggie Burgers

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 1 hour

Step 1: Preparing Your Mise en Place

- 1 cup cooked brown rice
- 1 cup cooked mashed potatoes
- 1 onion
- 3 cloves garlic
- 1 turnip (1 cup grated)
- 1 medium zucchini (1 cup grated)
- 2 carrots (1 cup grated)
- 1 to 2 beets (1 cup grated)
- 2 tsp fresh dill
- 1 tbsp fresh tarragon
- 2 tbsp fresh parsley
- 1/2 cup nuts (pistachio, hazelnut, almond or walnut)
- 2 tbsp nutritional yeast
- 2 tbsp soy sauce
- sea salt, to taste
- freshly ground black pepper, to taste

To prepare your mise en place, be sure you have the rice and potatoes cooked.

Dice the onion and mince the garlic. Then, using a food processor with a grater attachment, grate the turnip, zucchini, carrots and beets. Alternatively, if you do not have a food processor, you can do this using a box grater. Place the vegetables over a strainer so you don't incorporate any excess liquid later.

Next, chop the fresh herbs and measure and gather the remaining ingredients.

Step 2: Cooking the Burger Mixture

- 2 tsp oil (coconut or grapeseed)

To cook the burger mixture, heat a large fry pan over medium heat. Once hot, add the oil, followed by the onions. Let cook for about 5 minutes or until softened and starting to brown. Then, stir in the garlic.

Next, add the grated vegetables and stir to combine. Let cook for about 10 minutes, stirring frequently. Let this mixture cool before proceeding with the recipe.

Once the mixture has cooled, combine with the rice and nuts. Pulse a few times in the food processor until coarsely blended.

Either transfer to a large bowl or use the same fry pan to mix the burgers. Add the remaining ingredients (as well as the mashed potatoes) and mix well to combine. Taste for seasoning, adding salt and pepper as needed.

Step 3: Forming the Patties

Divide the mixture up into equal portions and then form into patties.

Note: Because these burgers are gluten-free, they do not contain any filler, such as breadcrumbs. If you would like a burger that is a bit more solid, feel free to add fresh breadcrumbs. Add about 1/3 of a cup at a time until the mixture stays together when you squeeze a bit in your hand.

At this point, it's best to put the patties in the refrigerator for an hour or so to firm up a bit before frying.

Step 4: Cooking & Assembling the Burgers

To cook the burgers, heat a large fry pan over medium heat. Once hot, add the oil, followed by the burgers.

Let cook until golden on the first side, then flip and cook on the other side.

Alternatively, these burgers can be baked in the oven. Place the burgers onto a parchment lined tray and bake for about 15 minutes in a 350°F (175°C) oven.

Once done, serve with your favorite condiments and garnish. This burger is also good just on top of a salad, without the bun.