

Lentil Mushroom Burger

Swick

Makes 12 patties | Active Time: 30 minutes | Total Time: 1 hour 20 minutes

Step 1: Cooking the Lentils

- 1/2 cup black lentils
- 1 cups green lentils (you can also use just one type of lentil)
- 5 cups of vegetable stock

Combine the black lentils, the green lentils, and the vegetable stock, then bring to a boil, then down to a simmer until the liquid is absorbed or the lentils are cooked all the way through (you should end up with 2 1/2 cups of cooked lentils).

Step 2: Cooking the Quinoa

- 1/2 cup quinoa

In a separate pot, combine quinoa and 1 cup of water and bring to a boil, then simmer for 15 minutes (or according to the package instructions: you should end up with 1 cup of cooked quinoa), then turn off heat and cover for 5 additional minutes until tender.

Step 3: Cooking the Mushrooms

- 4 cups quartered mushrooms
- 1 yellow onion, diced

On a sheet pan, spread out the mushrooms and onions, then bake at 350 degrees for 30 minutes (keep the oven on for the final step).

Step 4: Combining the Ingredients

- 2 1/2 cups of cooked lentils (from above)
- 1 cup of cooked quinoa (from above)
- 2 cups of cooked mushrooms and onions (from above)
- 1/2 cup panko bread crumbs
- 1 can garbanzo beans, rinsed and drained
- 2 cloves garlic
- 3 tablespoons nutritional yeast
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 tablespoons flaxseed

Combine all the cooked ingredients with the remaining ingredients and put into a food processor and pulse until everything is mixed, but not puréed.

Step 5: Baking the Burgers

Spray a baking sheet with oil or use parchment paper on the sheet, then scoop out the mixture into 5-inch patties making sure they do not touch.

Place the burgers into the oven at 350 degrees and bake for 20 minutes, then flip and bake another 20 minutes.

Step 6: Serving

Serve on a bun with your favorite condiments or broken up over a salad.