

Best Veggie Burger

These veggie burgers are the best, meaty, full of flavor, plus oil and gluten free!

Prep:
20 minutes

Cook:
20 minutes

Ready In:
40 minutes

Servings:
8



Saute Ingredients

- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 stalk celery, chopped
- 4 cups mushrooms*, chopped
- 1/4 onion, minced
- 2 tbsp tamari
- 1 tsp vegan worchester (optional)

Spices

- 1 tbsp rubbed sage*
- 1 tbsp nutritional yeast
- 1 tsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp italian seasoning
- 1 tsp onion powder

Ingredients

- 1 cup rolled oats
- 1/4 cup walnuts
- 4 tbsp flax seed, whole
- 1 cup brown/green lentils, dry
- 2 cups water

Instructions

- 1 Place a large sauce pan over medium heat and add in your saute ingredients and your tamari. Cover and cook, 5 minutes. Then take the lid off and cook until most of the excess moisture cooks off.
- 2 Once the saute ingredients are done place water and lentils in a saucepan over high heat, bring to a boil, reduce heat to a simmer. Cover and cook for 20 minutes or until lentils are soft. Drain all excess water off afterwards. You can also add a bay leaf if you have one to the lentils while cooking.
- 3 In a blender add in your oats and flax seeds and blend into a fine powder. Then finely chop up your walnuts (do not blend) and place in a large mixing bowl. Add in your spices and mix together.
- 4 Combine the saute ingredients and lentils in your blender and pulse blend. You do not want this to be completely smooth but you also don't want huge chunks either. Another method is place the saute and lentils into a large bowl and use an immersion blender to mix together. You can also use a food processor.
- 5 Add your lentil/saute mix into your blended oats and flax and work together until combined. Form into 8 patties. You can freeze these or they will keep in the fridge for up to 1 week. Make sure to place parchment paper between them. To cook, you can use a non stick griddle, or place in the oven for 15 minutes on 400 degrees. Another option is to use a little oil in a pan.
- 6 Recipe Notes *I use a frozen mixed bag of mushrooms so any kind will work! *Make sure to use rubbed sage, if you can't find it use 2 tbsp of italian seasoning instead.