

Homemade Beyond Burger

Homemade Beyond Burger recipe by Vegan Proteins.



PREP TIME

30 mins

COOK TIME

40 mins

TOTAL TIME

1 hr 10 mins



COURSE

Dinner, Lunch



SERVINGS

8 burgers

CALORIES

248 kcal

INGREDIENTS

- ½ medium Onion
- 2 c Mushrooms sliced
- 2 cloved garlic
- 1 15 oz can sliced beets and their liquid
- ¼ c soy sauce
- 1 tsp liquid smoke
- 1 Tbsp dried parsley
- 1 tsp cumin
- ½ tsp black pepper
- 2 c TVP
- 1¾ c vital wheat gluten

INSTRUCTIONS

1. In a skillet, spritz with cooking spray and heat over low/medium heat.
2. In a food processor, add mushrooms, onion, and garlic and pulse until they are very fine pieces, almost mush. Add this to the skillet and saute until it releases its liquid and becomes a bit

translucent.

3. When the veggies are cooked, add parsley, cumin and black pepper. Cook for 1 more minute and then turn off heat.
4. Drain the can of beets and reserve the liquid. In the empty food processor, add the beets and process until nearly liquid.
5. Add the liquid beet to a large bowl, 1/2 c. (120ml) of the reserved beet juice and soy sauce. Stir.
6. Add the TVP to the large bowl and stir until mixed. Add enough water and/or remaining beet juice to just barely cover the TVP beet mixture. Let sit for 10 minutes until liquid is absorbed.
7. Preheat oven to 350°F/175°C.
8. Add mushroom mixture to the beet mixture and stir well.
9. Add the gluten by the 1/4 cup (30g), stirring until well incorporated in between each 1/4 c. After about 1 c (120g) , you will need to start using your hands to knead it until it is a dough that holds its shape when you squeeze it and let it go.
10. Divide the large dough ball into 8 (by dividing in half, then in half, then in half again). Form each piece into a patty trying to make the edges and middle roughly the same thickness.
11. Place all 8 burgers on a cookie sheet lined with parchment paper or spritzed with cooking spray.
12. Cook for 45-50 minutes flipping halfway through.
13. They can be served immediately, frozen for later or grilled.

NUTRITION

Nutrition Facts

Homemade Beyond Burger

Amount Per Serving	
Calories	248
	Calories from Fat 3
	% Daily Value*
Fat	0.3g
	0%
	Polyunsaturated Fat 0.1g
Sodium	291mg
	13%
Potassium	739mg
	21%
Carbohydrates	21.9g
	7%
	Fiber 7.2g
	30%
	Sugar 8.1g
	9%
Protein	35.6g
	71%
Vitamin C	1.2mg
	1%
Calcium	96mg
	10%
Iron	3.5mg
	19%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!