

Aunt Bev's Vegetarian Chopped Liver

Learn to make delicious vegetarian chopped liver with sautéed onions, hard boiled eggs, peas, and walnuts. Kosher, parve.

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PREP TIME	COOK TIME	TOTAL TIME
5 mins	5 mins	10 mins
		
COURSE		KOSHER KEY
Appetizer		Kosher for Sephardic Passover, Parve

 Adjust Total Servings 8 servings

INGREDIENTS

- 2 tbsp vegetable oil (the original recipe calls for vegetable oil)
- 1 cup onion, sliced
- 1 cup chopped walnuts, toasted
- 4 peeled hard boiled eggs, divided
- 15 oz peas, drained (1 can)
- Salt and pepper to taste

NOTES

Passover Note: This recipe is kosher for Sephardic Passover. Some Ashkenazi Jews do not eat peas during Passover, as it is considered kitniyot.

INSTRUCTIONS

1. Heat up the oil in a skillet over medium heat until hot enough to fry. Sauté the chopped onion for several minutes until it softens and caramelizes.

2. In a food processor, combine sautéed onion, toasted walnuts, peeled hard boiled eggs, and peas.
3. Pulse, then process until the puree resembles chopped liver. Add salt and pepper to taste, and process again to blend.
4. Chop up the remaining egg. Garnish the vegetarian chopped liver with the last chopped egg and parsley. Serve with crackers for spreading, or matzo during Passover (if you are celebrating Sephardic style - peas are considered kitniyot). Enjoy!

NUTRITION

Nutrition Facts	
Aunt Bev's Vegetarian Chopped Liver	
Amount Per Serving	
Calories 202	Calories from Fat 135
% Daily Value*	
Fat 15g	23%
Saturated Fat 4g	25%
Cholesterol 93mg	31%
Sodium 130mg	6%
Potassium 181mg	5%
Carbohydrates 9g	3%
Fiber 3g	13%
Sugar 3g	3%
Protein 7g	14%
Vitamin A 945IU	19%
Vitamin C 5.8mg	7%
Calcium 42mg	4%
Iron 1.5mg	8%
* Percent Daily Values are based on a 2000 calorie diet.	

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★★★★★
4.8 from 37 votes

Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. Read more [here](#). Please note that the recipe above is published using a

recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.

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