

VEGGIE BURGERS

VEGETABLES

carrots
mushrooms
celery
red & green peppers
onions, leeks
summer & winter squash
avocado
sweet potatoes (PW)

GRAINS & SEEDS

corn or cornmeal
whole wheat bread crumbs
cooked brown or wild rice
cooked quinoa
cooked buckwheat
oats

ground nuts such as walnuts or almonds (use sparingly)
ground seeds such as sunflower or pumpkin seeds (use sparingly)

ground flax seed

BEANS & LEGUMES

lentils
black beans
black-eyed peas
pinto beans
green peas
yellow split peas
chickpeas (garbanzo beans)

FLAVOURINGS

salt & pepper

fresh or dried herbs, e.g. basil, oregano, sage, thyme, cilantro, parsley

chopped green onions
minced garlic or garlic powder
fresh or dried ginger
chili powder or cumin
grated Parmesan cheese
curry powder or paste

soy sauce
tomato paste
Worcestershire sauce
lemon juice
hot sauce & salsa

Making your own custom veggie burgers is easy. You need four things:

- something to give the burgers volume (such as beans or mashed veggies);
- something to help them stick together (such as an egg or grains)
- something to absorb liquid (such as grains or ground seeds);
- something to give them flavour (such as herbs and spices).

Here are some ingredient ideas. Mix and match the components to get a recipe you enjoy!

1. Shred, mash, or purée the veggies and/or beans using a food processor (or fork if all are cooked). Add flavourings of choice.
2. Add 1-2 eggs, grains/seeds, and/or 2 tbsp ground flax to bind the ingredients together. Mix well, let it sit for a few minutes, then shape into patties.
3. To cook your burgers, pop them on to an oiled grill, or bake them on a greased cookie sheet under your oven's broiler.

COMBOS WE LIKE:

lentils + buckwheat + mushrooms + garlic, ginger & soy

black beans + corn + red & green peppers + avocado + chili powder

chickpeas + whole wheat bread crumbs + onions + tomato paste + parsley & garlic

lentils + brown rice + ground walnuts + ground flax + butternut squash + sage