



Vegan Beet Burger

Ingredients:

1 cup onions, minced
1 cup shredded beets
4 cloves garlic
2 tablespoons chopped mixed herbs (parsley, chives, basil)
1 cup vital wheat gluten*
 $\frac{3}{4}$ cup bread crumbs
1 tablespoon oregano
 $\frac{1}{4}$ tablespoon chili flakes
 $\frac{1}{2}$ tablespoon fennel seed
2 tablespoons nutritional yeast*
2 tablespoons tamari
1 cup cooked chickpeas
1 cup cooked brown lentils
 $\frac{1}{2}$ cup water (or as needed)

Directions:

Mix everything together in a bowl and form into burger-sized patties. Bake on an oiled cookie sheet at 350 degrees for 20 minutes, flipping halfway through.

Grill before serving.

Serve on a whole-wheat bun with toppings of your choice, such as mustard, cashew cheese, pickles, tomato and sliced onions.