

Lentil Burgers

Makes 8 patties



VEGAN



VEGETARIAN



DAIRY FREE

Ingredients

- 1 ½ cups dried lentils
- 3 cups vegetable broth
- 2 large cloves garlic, peeled
- ½ teaspoon kosher salt
- 1 cup walnuts
- 4 slices whole-wheat sandwich bread, torn into pieces
- 2 tablespoons chopped fresh marjoram or 2 teaspoons dried
- ½ teaspoon black pepper
- 1 tablespoon tamari or soy sauce
- 2 tablespoons canola oil, divided

Directions

1. Prepare lentils: Wash lentils and pick over to remove any debris. Thoroughly rinse under running water. Combine lentils with vegetable broth in saucepan and bring to a rapid simmer over medium-high heat. Reduce heat and gently simmer, uncovered, for 20-30 minutes.
2. Coarsely chop garlic and walnuts. Add to food processor with salt, bread pieces, marjoram and pepper. Process until coarse crumbs form. Add cooked lentils and soy sauce; process until the mixture just comes together in a mass. Form eight, 3-inch patties (about 1/3 cup each)
3. Heat 1 tablespoon canola oil in a large skillet over medium heat. Cook patties until slightly browned, 2-4 minutes, then flip and cook until browned on the other side and heated through, 4-6 minutes more. Serve immediately or freeze for future meals.

Recipe from Cook Well Berkeley: “Flexitarian” Meals, Fall 2012