

Ferraro's Cucina

Lentil Veggie Burgers

Ingredients

- 1/2 cup **Dried Lentils**
(rinsed and drained)
- 1 cup **Water**
- 1 dried **Bay Leaf**
- Coarse Kosher Salt**
- 1/4 cup **Walnuts**
- 1/4 cup **Sunflower Seeds**
- 1/2 cup **Carrot** (finely chopped)
(1 - 2 medium carrots)
- 1/2 cup **Onion** (finely chopped)
(about 1 medium onion)
- 2 cloves **Garlic** (minced)
- 1/2 cup **Panko Bread Crumbs**
- 1 tsp **Dried Thyme**
- 1 tsp **Dried Oregano**
- 1/2 tsp **Coarse Kosher Salt**
- 1 **Egg**
- 1 tbsp **Tomato Paste**
- 1 tbsp **Worcestershire Sauce**
- 1/4 cup **Flour**
- 1 tbsp **Olive Oil**
- Hamburger Buns**
- Lettuce**
- Tomato Slices**
- Onion**
- Bbq Sauce**



Preparation

- Combine lentils, water and bay leaf in a medium saucepan. Bring to a boil, then reduce heat and simmer, uncovered, for 20 - 30 minutes. Add more water as needed to keep the lentils just barely covered. The lentils are done when they are tender. Drain any excess water and season with salt.
- In a food processor, process walnuts and sunflower seeds until finely chopped. Transfer to a large mixing bowl and set aside.
- In the same food processor, process the carrots until finely chopped. Add the carrots to the walnut mixture and do the same with the onion.
- With a wooden spoon or spatula, mix together walnuts, sunflower seeds, carrot, onion, garlic, breadcrumbs, thyme, oregano, 1/2 teaspoon salt and cooked lentils.
- In a separate small bowl, stir together egg, tomato paste and worcestershire sauce. Add to the lentil mixture and stir to combine. Add the flour and stir until just incorporated.
- Cover the mixture and refrigerate 30 minutes or up to overnight. Using your hands, form into six equal patties.
- Heat 1 tablespoon olive oil in a large skillet over medium heat. Working in batches as necessary so as not to overcrowd the pan, cook the patties in the hot oil for 8 - 10 minutes, flipping once, until lightly browned and heated through.
- Serve lentil burgers with lettuce, tomato and onion slices on hamburger buns. Top with barbecue sauce, ketchup and mustard or whatever your favourite burger toppings are!

