

Mushroom Lentil Burgers

13 ingredients · 30 minutes · 9 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
2. In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
3. Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
4. Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
5. Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

More Carbs

Serve it on a gluten-free bun or in a wrap.

Keep it Light

Serve on a bed of greens or collard green wraps.

Extra Flavour

Brush the patties with clean BBQ sauce while grilling.

No BBQ

Preheat oven to 375°F (191°C) and bake the patties for 15 to 20 minutes per side.

Toppings

Sprouts, avocado, tomato, goat cheese, feta cheese, mustard or greens.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 **cups** Portobello Mushroom (diced)
- 3 Garlic (cloves, minced)
- 3/4 **cup** Walnuts (chopped and toasted)
- 2 **cups** Green Lentils (cooked, drained, rinsed and divided)
- 2 **tsps** Tabasco Sauce
- 1 **tsp** Paprika
- 1 1/2 **tsps** Chili Powder
- 2/3 **cup** Almond Flour
- 1/3 **cup** Parsley (chopped)
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper