

Carrot and White Bean Burgers

yield: 6 patties

TRY THIS VEGGIE BURGER! IT'S HEALTHY AND INEXPENSIVE.

Ingredients:

- Olive oil
- 1/2 cup panko-style breadcrumbs
- 3 shallots, or 1 small onion, diced
- 1 tablespoon tomato paste
- 1 1/2 teaspoons kosher salt
- 1 cup packed grated carrot (from 2 medium carrots)
- 1 1/2 tablespoons apple cider vinegar
- Two 15-ounce cans cannellini or other white beans, drained and rinsed
- 1 large egg, beaten
- Freshly ground black pepper
- Burger accompaniments, as you like (e.g. tomatoes, lettuce, pickled onions, ketchup, mayonnaise)



Directions:

- Heat 1 tablespoon olive oil in a large skillet over low heat.
- Add the panko and cook, stirring often, until lightly browned and crisp, 3 to 5 minutes.
- Transfer crumbs to a large bowl, and set aside.

- Heat 2 tablespoons olive oil in the skillet. Add the shallot or onion.
- Cook until softened and lightly golden, 8 to 10 minutes.
- Stir in the tomato paste, salt, and carrots and stir frequently until the carrots are soft and a bit blistered, another 8 to 10 minutes.
- Add the vinegar, scraping up all the browned bits until the pan is dry.

- Remove from heat and add onion mixture to the bowl with the toasted panko.
- Add beans and use a wooden spoon or spatula to very coarsely mash the mixture until a bit pasty and the mixture sticks together—there should still be plenty of beans intact.
- Add pepper, and more salt if needed, to taste.
- Stir in the egg.
- Shape into 6 patties – approximately 1/2 cup of mixture to form each one.

- To cook the veggie burgers, heat a thin layer of olive oil in a wide skillet over medium heat and carefully cook burgers until browned and slightly firm to the touch, 3 to 4 minutes per side.

- Serve hot or at room temperature, with condiments of your choice. **Enjoy!**



SOURCE: [LUKAS VOLGER'S START SIMPLE](#)

Adapted from smittenkitchen.com