

Lentil Burgers

serves 8

This is a flavourful and easy-to-make meatless burger. You can use any type of lentil although cooking times can vary.

Ingredients:

- 1 ¼ cup lentils
- 3 cups water (less if you using red lentils)
- 1 cup onion, finely chopped
- 1 cup carrot, grated
- 3 cups bread crumbs
- 1 egg, beaten
- 1 teaspoon garlic powder
- ½ teaspoon oregano
- ½ teaspoon salt
- 3 tablespoons butter
- 1 teaspoon chili powder (or more if you enjoy the Tex-Mex flavour)
- 8 slices cheese (optional)
- 8 toasted hamburger buns



Directions:

Rinse lentils in colander. Put into large boil with 3 cups water and bring to a boil.

Lower heat, cover the pot, and cook for 15 minutes.

Add onions and carrots. Cook lentils are very tender.

Depending on the type of lentil you are using, these are the total cooking times:

- Green Lentils: 18-20 minutes
- Lentils de Puy: 25-30 minutes
- Brown Lentils: 20-25 minutes
- Black Lentils: 25-30 minutes
- Red Lentils: 12-15 minutes (use less water)

Remove pot from the heat and cool slightly.

Stir in the bread crumbs, egg, garlic powder, oregano and salt.

Melt butter in large skillet and drop ½ cup of lentil mixture into the pan; flatten with spatula.

Cook until firm and golden brown on both sides.

Add cheese on top and heat until melted.

Serve on toasted buns with your favourite toppings.

Enjoy!

