

## Recipe: Veggie Lentil Burgers

These vegan burgers, made with lentils, are healthy, low-fat, and delicious.

### Yield

8-10 burgers

### Time

1 hour

### Tools

- saucepan with lid
- wooden spoon
- small frying pan
- large bowl
- blender or food processor
- small bowl

### Ingredients

- 1 c dry lentils, well rinsed
- 2½ c water
- 1 T olive oil
- ½ medium onion, diced
- 1 medium carrot, diced
- ½ t pepper
- 1 t soy sauce, optional
- ¾ c rolled oats, finely ground
- ¾ c [bread crumbs](#)

### Directions

**Place** the lentils, water, and salt in saucepan, bring to a boil, lower heat, cover, and simmer for about 45 minutes, until water is nearly gone and lentils are very soft, with splitting skins.

**Sauté** the onion and carrot in oil until soft, about 5 minutes.

**Mix** the lentils, onions, carrots, pepper, and optional soy sauce in the large bowl, then mix in the ground oats and bread crumbs.

**While** still warm, form the lentil mixture into patties, which can now be frozen, refrigerated (for up to 5 days), or cooked immediately.

**Cooking** (2 possibilities):

1. In a frying pan, heat a bit of oil, place a burger on top, and fry until brown, 1-2 minutes. Repeat on other side and serve.
2. In a 400° oven, bake the burgers on a greased baking sheet until light brown, about 15 minutes.