

Walnut Lentil Burgers

Yield: 8-10 burgers

Ingredients:

2 cups brown lentils
6 cups water with one bay leaf
2 cups grated carrot
1 onion, chopped small
4 cloves garlic, minced
¼ cup olive oil, 2 Tbsp. for sautéing
1-teaspoon oregano
½ cup chopped Italian flat parsley
¾ cup flavored breadcrumbs
1 ½ cups walnuts, roasted and chopped
¼ cup tamari (wheat-free soy sauce)
¼ cup spelt flour

Procedure:

Cook lentil for 15 mins, drain well (lentils should be a little crunchy)

- Sauté onion in 2 Tablespoons olive oil until golden, stir in garlic cook 2 mins. More, add oregano.
- Prep carrots and parsley
- Mix all dry ingredients in bowl with lentils. Mix wet ingredients with dry, Shape burgers with ice cream scooper or with your hands.
- Bake in the oven at 350 degrees for 15 mins., one side, flip and 10 mins., on other side. Burgers can be sauté in frying pan also. Cool before serving.

Optional: Serve with lettuce, tomato and organic ketchup or a mushroom sauce