

Buddha Lentil Burger

8-10 Servings

Ingredients

- 2 tablespoons olive oil (optional)
- 1 ½ cups minced white onion
- 7 cups sliced white mushrooms
- ¾ cups sliced celery stalks
- 3 cups sprouted green or black lentils
- 1 ½ cups minced toasted walnuts
- 10 garlic gloves, minced
- ¼ of a green jalapeno pepper, minced well*
- 1 cup tomato paste
- 1 cup ground flaxseeds
- 4 tablespoons tahini mixed with
- 4 tablespoons water
- 4 tablespoons soy sauce**
- 30 minced fresh basil leaves
- 1 ½ teaspoons ground sea salt (or regular salt)
- 1 ½ teaspoons ground black pepper

Steps

1. Preheat the oven to 375 degrees.
2. Warm the olive oil in a pan and add the minced onion together with the mushrooms and the celery. Sauté for five minutes. Drain the vegetable mixture in a colander and press out all the juices and oil.
3. Then put the mixture in a food processor together with the lentils and walnuts. Using a large food processor, work in batches. With the food processor half-full, pulse the ingredients for 5 to 8 seconds until it resembles the texture of ground beef.
4. Transfer the mixture out of the food processor and into a large bowl, and stir in the rest of the ingredients with a large spoon (or a mixer). Set aside and let it rest for 10 minutes so the ground flaxseeds can bind the mixture. The mixture should be soft and moist.
5. To make each patty, take about 5 heaping tablespoons of burger mixture and press them flat into a disc onto an oiled baking pan. Bake the patties at 375 degrees. After 10 minutes, flip the patties and rotate the pan around in the oven back to front (for even baking). Bake another 10 minutes. Remove and cool. The patties should be crunchy on the outside and softer on the inside.
6. Serve in a whole spelt bun with toppings, like our Bechamel “Cheese” (recipe in full cookbook), a vegan Thousand Island dressing (vegan mayonnaise, ketchup, pickles, and dried onion), mustard, lettuce, tomato, red onion, or chives.



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