

From Lisa's Kitchen...Smashing 4Leaf Rice and Lentil Burgers



I started making my own burgers after reading the ingredients on the store bought veggie burgers. This version is adapted from *The Candle Cafe Cookbook*. They are moist and delicious! You can also make it into a loaf with mashed potatoes.



Ingredients:

- 1 cup brown or green lentils
- 2 cups cooked brown rice*
- 4 garlic cloves, chopped
- 1 red onion, chopped
- 4 carrots, chopped
- 3 red, orange or yellow peppers, seeded and diced
- 2 teaspoons of sea salt
- 1 teaspoon chili powder
- 1/2 cup whole wheat panko bread crumbs (optional)
- cooking spray



Directions:

1. In a medium-sized saucepan, bring 2 1/2 cups of water to a boil. Add the lentils, reduce the heat to medium-low and cook until softened. Drain and place in large mixing bowl.
2. Preheat the oven to 350 degrees F.
3. In a sprayed pan (you may also use water), saute the garlic, carrots, onions and peppers until lightly browned.
4. Add the vegetable mix to the lentils. Add the salt, chili powder and whole wheat panko crumbs (if using) and mix.
5. Form patties and either cook in sprayed pan until browned or bake in the oven for about 15 minutes on each side, or until browned. If making loaf, press into sprayed loaf pan and cook until browned about 45 minutes.
6. Enjoy!

* Freshly cooked brown rice works best as it holds the burger together, however, if you are using already made rice, simply heat it up.

Let me hear from you: lisa@4leafprogram.com

www.4leafprogram.com