

## **Beet and Bean Burger**

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1 burger patty without serving vessel or toppings

## **Ingredients**

2 tablespoons olive oil, divided

1 cup small diced onion (about 1 medium onion)

½ teaspoon ground black pepper

¼ teaspoon salt

1 cup toasted walnuts

1 (15-ounce) can no-salt-added white beans (e.g. great northern, cannellini), drained and rinsed

1 cup grated raw beets (about ¼ pound or 1 medium beet)

½ cup panko breadcrumbs

1 teaspoon garlic powder

½ teaspoon ground coriander

¼ teaspoon ground cumin

1 egg, lightly beaten

Desired serving vessel (e.g. whole-wheat buns, whole-wheat sandwich thins, lettuce wrap)

Desired toppings (e.g. condiments, lettuce, spinach, arugula, tomato, onion)

## **Directions**

- 1. Heat a medium to large skillet over medium heat.
- 2. Add 1 tablespoon of the oil and heat until shimmering.
- 3. Add the onion, salt, and black pepper. Cook until softened and lightly-browned, about 8-10 minutes. Set aside.
- 4. Add the walnuts to a food processor and pulse to break down into small crumb-like pieces.
- 5. Add the beans, beets, panko, garlic powder, coriander, cumin, and onion. Pulse until the mixture is crumbly.
- 6. Transfer the mixture to a large mixing bowl and add the egg. Mix until well combined.
- 7. Using clean hands that are slightly wet, divide the mixture into four equal portions and form each portion into a patty about 4 inches wide and ½-inch-thick.
- 8. Return the skillet to the stovetop over medium heat. Add the remaining 1 tablespoon of oil.
- 9. Working in batches if needed, cook the patties until crisp and well-browned, about 6-8 minutes on each side.
- 10. Serve warm, on the desired serving vessel and topped as desired.

Nutrition Facts Per Serving: Calories: 455 | Total Fat: 27.5 g | Saturated Fat: 2.5 g Sodium: 300 mg | Total Carbohydrate: 38 g | Dietary Fiber: 10 g | Protein: 18.5 g

