



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**

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