Yummy Lentil Burgers

It's a burger made with love! Can be made gluten-free also.

Categories

Yields: 4 servings
Preparation time: 20 mins
Cooking time: 12 mins
Category: Entrees
Complexity: Simple
Vegan experience: Absolute beginner
Preparation style: Cooked

Ingredients

Onion, white, yellow or red, raw	1 small
Breadcrumbs, plain	1 cup
Lentil sprouts, cooked	2 cups
Wheat germ, crude	1 cup
Mushrooms, raw	1 cup
Black pepper, ground	1 dash
Salt, Himalayan (pink)	1 dash
Oregano, dried	1 teaspoon
Paprika	1 gram
Thyme, ground	1 gram

Instructions

1) Lightly sauté, in water, everything but the lentils and wheat germ.

2) Mash the sauteed veggies and herbs with the lentils, except for 1/2 cup of the wheat germ. (Leave 1/2 cup for coating the burgers.)

3) Divide the mashed-up ingredients into patties.

4) Coat each patty on both sides in the wheat germ.

5) Spray baking dish with a wee bit of oil.

6) Bake patties for 8 minutes on each side. A total of about 16 minutes.

7) Enjoy like a veggie burger with pickles, tomatoes, onion, ketchup, lettuce on a bun, or

8) Enjoy as an entree with mashed potatoes, gravy, and peas.