Vegan Lentil Burgers with the Works by Chef Michael Smith

Prep Time: 25 Minutes **Total time: 45 Minutes** **Servings: 6-8**

This burger is one of the holy grails of vegetarian cooking. Not only does it contain lots of complementary vegetable protein from its combination of grains and legumes but its meaty texture is delicious and hearty. This burger achieves the rare combination of being meatless yet hearty and delicious at the same time!

Ingredients

- 2 tablespoons (30 mL) of vegetable oil
- 1 onion, chopped
- ½ pound (227 g) of mushrooms, freshly sliced
- 4 cloves of garlic, freshly chopped
- 2 cups (500 mL) of cooked lentils
- 1 cup (250 mL) of bread crumbs
- ½ cup (125 mL) of peanut or almond butter
- 2 tablespoons (30 mL) of miso paste
- 2 tablespoons (30 mL) of soy sauce
- 2 tablespoons (30 mL) of dried thyme
- ¼ cup (60 mL) of chia seeds
- 2 cups (500 mL) of sweet potato, grated

Directions

1. Splash the oil into your skillet over medium-high heat. Toss in the onion, mushrooms, and garlic and sauté until they become brown and flavourful, about 10 minutes. Transfer the mixture to your food processor. Add all the remaining ingredients except the grated sweet potato. Puree the mixture until everything is smoothly combined. Transfer the mixture to a mixing bowl and stir in the sweet potato by hand so it does not break down in the machine. Rest the mixture for ten minutes, giving the chia seeds time to work their magic.
2. Using your hands, shape the mixture into evenly formed patties. They may be cooked immediately, refrigerated for several days, or frozen for a month.
3. When it is time to cook you have lots of options for these burgers. You may fry them in a lightly oiled sauté pan on your stovetop, sear them on your griddle, grill, or BBQ, or even bake in your oven at 400°F (200°C) for 15 to 20 minutes. Whatever method you choose, keep in mind that these burgers brown relatively quickly so medium-high heat will allow the centers to keep up while the exteriors cook.

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