

# LOVE THY CARROT

*real food made with love*

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## **Beet, Tempeh & Chickpea Burger, Way Beyond the Way Beyond 'Meat' Burger**

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### **INGREDIENTS**

**This recipe serves: 8**

1 flax egg (1 tbsp ground flax + 3 tbsp water)  
1/2 cup walnut halves  
8 oz tempeh, cubed  
1 1/2 14-oz can of chickpeas, drained and rinsed  
1/2 cup finely diced red onion  
3 medium cloves garlic, minced  
1 medium beet, finely chopped  
3 tbsp barbecue sauce  
1 tbsp Dijon mustard  
2 tbsp tamari or soy sauce  
1 tbsp Worcestershire sauce  
1 tbsp hot sauce  
1/2 tsp cumin  
1 tsp smoked paprika  
1 tsp salt  
1/4 tsp black pepper

### **DIRECTIONS**

1. Preheat the oven to 375 degrees F and line a baking sheet with parchment paper.
2. Start by making the flax egg by mixing together the flax and water in a small dish and set aside to thicken, this should take about 10 minutes.
3. Place the walnuts in a food processor and process until ground into a meal. Empty the walnuts into a large mixing bowl.
4. Steam the tempeh for 10 minutes, then drain and pat dry with a paper towel.
5. Place the steamed tempeh and chickpeas in the food processor and pulse until crumbly. Do not over-process: you want the burgers to have some texture. Add the tempeh and chickpeas to the bowl with the walnuts. Add in the flax egg, onion, and garlic.
6. Place the chopped beet, barbecue sauce, Dijon mustard, tamari or soy sauce, Worcestershire sauce, and hot sauce in the food processor. Process until just about smooth. Add to the other ingredients in the bowl, along with the cumin, smoked paprika, and salt and pepper. Process again until combined.
7. Using a 1/2-cup measuring cup, divide the mixture into equal patties.
8. In a medium sized pan and a few tablespoons of oil, when the oil is hot add a few burgers at a time and cook for about 3 minutes on each side or until lightly browned. Then place burgers on the baking sheet and place in the oven and bake for 20 to 30

minutes, or until crispy around the edges.  
9. Serve on buns with your favourite toppings.

### **F O R S E R V I N G**

Vegan cheese of choice  
Pickles  
Sliced tomato  
Avocado  
Lettuce  
Mustard  
Barbecue sauce

### **C O O K S N O T E S**

Burgers can be frozen.