



Vegan Hamburgers

NIBBLEDISH CONTRIBUTOR

Ingredients

species

- 1 Onion
- 2 Cloves of garlic
- Curry
- White pepper
- Cumin
- Salt

vegetables to cook

- 1 Potato
- 1/2 Aubergine
- 1/2 Red pepper

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- 100 gr. of yellow soy*
 - 200 gr. of beans*
 - 200gr. of chickpeas*
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- 200gr. of lentils*
 - Potato flour
 - Chickpea flour (two spoons)
 - Bread crumbs (five spoons)
 - Chives

the topping and bread

- Mustard
- Hot sauce
- Soy milk sauce (home-made)
- Ketchup
- Big tomatoes
- Gherkin
- Bread
- Lettuce
- Onion
- Cabbage

**ready-cooked*

Instructions

Mince all the spices and mix with the pieces of potato, aubergine and red pepper, the red pepper it must be chop'd very small. Cook the ingredients in a large pan, for 20' minutes.

So mix in a small container the chickpea flour with some water till have a compact batter, so let stand for 15' in the fridge.

Meanwhile we can prepare the container where we mix all the ingredients before the fry.

So take a large container, and so spill in soy, beans, chickpeas, lentils, potato flour, chives, bread crumbs and the two spoon of chickpea flour.

Now the cooking maybe is ready, and every vegetable in the pan must be well cooked and dry.

So turn off the stove and let cool all.

So we can prepare the bread and the topping.

Slice the tomato, and the lettuce, and prepare the soy milk sauce.

For the soy milk sauce, we need a glass of milk and a lemon, spill three tea spoons of lemon in the glass of soy milk in about 5' we have a good sauce for our hamburger.

It's time to mix the cooked and cooled vegetables, with the legumes and the batter, so finely chop the dough.

Now the mixture is compact like the mixture of cookies, right? if it's not add more Bread crumbs till the mixture becomes compact.

Make the "meat"balls and mash it like hamburger, so fry for less 5min for side.

Prepare the bread with what we want in, so put in the hot veganburger.

Enjoy!

The ingredients for this recipe is for more than 10 hamburger, because I usually freeze them.

It's so comfortable, because I have always an hamburger ready to fry.