



Cornell University

Custom Veggie Burgers

Prep Time: 50min **Cook Time:** 8-10

Serves: 8

Recipe Description: With this easy formula, you can create your own awesome veggie burger recipe with whatever you have lying around! Feel free to use fresh or frozen vegetables and leftover grains from a previous dinner (or last night's takeout!) to make these burgers even easier.

Formula: 2 Cups of Chopped Veggies + 1 Cup Cooked Grains + 1 and 1/2 Cups Cooked Legumes + 1/2 Cup Flavor-Texture Booster + 3 Tsp. Spices + 1/2 Cup Dry Base

STANDARD INGREDIENTS

- 1 medium onion, diced
- 1-2 garlic cloves
- 1/2 teaspoon salt
- oil for cooking (e.g. olive oil, coconut oil, peanut oil)

2 CUPS VEGETABLES, FINELY DICED OR CHOPPED (PICK 1-3)

- sweet potatoes
- beets (golden or red)
- carrots
- mushrooms
- spinach
- kale
- corn
- squash
- broccoli
- cauliflower
- artichokes
- zucchini
- bell peppers

1 CUP COOKED GRAINS (PICK 1)

- millet
- quinoa
- bulgur
- rice
- buckwheat

1 1/2 CUPS COOKED LEGUMES, LIQUID RESERVED (PICK 1-2)

- canned beans (e.g. black, pinto, cannellini, kidney)
- lentils (red or green)
- chickpeas
- soybeans
- mung beans
- adzuki beans
- black eyed peas

1/2 CUP FLAVOR/TEXTURE BUILDERS (PICK 2)

- fresh herbs, finely chopped (e.g. cilantro, basil, dill, parsley, thyme, sage, chives)
- scallions, thinly sliced
- chopped nuts (e.g. walnuts, almonds, pecans, cashews)
- chopped sundried tomatoes [Insert Nutrition Label Here](#)
- chopped olives
- flax seeds
- chia seeds
- sesame seeds
- mashed avocado
- unsweetened nut butter (e.g. peanut, almond, cashew)
- tahini

3 TEASPOONS SPICES (PICK 2-4)

- cumin
- chili powder
- smoked paprika
- cayenne powder
- Italian seasoning
- black pepper
- fennel
- oregano
- curry powder
- coriander
- cinnamon
- turmeric
- citrus zest

1/2 CUP DRY BASE (PICK 1)

- ground oats
- cornmeal
- bread crumbs
- panko
- almond meal

Directions:

1. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the onion, garlic, and salt and cook until the onion is translucent, 2-3 minutes. Add vegetables and cook until soft, 5-10 minutes.
2. Transfer the cooked vegetables to a food processor*. Add all remaining ingredients except the reserved bean liquid and frying oil. Pulse 5-10 times to combine. Don't overdo it; you don't want a paste!
3. Press the mixture between your fingers. If you can form a patty with it, you're good to go. If it's too crumbly, add the reserved bean liquid, 1 tablespoon at a time, until it sticks together. If the mixture is too wet, add more of the dry base ingredient, 1 tablespoon at a time, until you reach the right consistency. Taste the mixture and add salt to your taste.
4. Form the mixture into 8 patties (about $\frac{1}{3}$ cup of the mixture each) and place on a baking sheet lined with parchment paper. Refrigerate the patties uncovered for 30 minutes. (Don't skip this step! Resting will help the patties stay together.)
5. When ready to cook, heat 1 tablespoon of oil in a large skillet over medium-high heat until shimmering. Cook 3-4 patties at a time until brown on one side, then flip and brown the other side. It should take about 3-4 minutes per side. Heat 1 tablespoon of oil in the pan before cooking each batch of burgers.
6. Serve immediately or cool and then wrap each burger in foil, place them in a freezer bag, and freeze for later. Reheat in a dry pan on the stove, in the oven or in the microwave.

*You can also do this in a large bowl with a potato masher. Just make sure your veggies are cooked so they are soft enough to mash! Use a potato masher or large mixing spoon to mix and mash the ingredients together.

Source: <https://thecookful.com/veggie-burger-formula-make-perfect-burger/>

PERFECT VEGGIE BURGUER FORMULA

STANDARD INGREDIENTS



½ CUP DRY BASE
(PICK 1)



3 TEASPOONS SPICES
(PICK 2 - 4)



½ CUP FLAVOR/TEXTURE BUILDERS
(PICK 2)



2 CUPS VEGETABLES
(PICK 1 - 3)



1 CUP COOKED GRAINS
(PICK 1)



1½ CUPS COOKED LEGUMES
LIQUID RESERVED
(PICK 1 - 2)

