

Snapped Up: Easy Beet Burgers



This recipe takes advantage of pre-made hummus as both a flavoring agent and a sticky base to hold the fresh ingredients together. It's also a good way to use up fresh beets which give it a red meaty appearance.

Using wide mouth jar lids for assembly makes a messy job fun and provides perfectly formed patties. Try it the next time you make hamburgers or a different veggie burger recipe.



INGREDIENTS

- 1 cup shredded raw **beets**
- 1 cup store bought **hummus**
- 2 Tablespoon **powered flax seed**
- ¼ teaspoon **red pepper flakes**.
- 1 teaspoon **liquid smoke** (optional)

And whatever else you want to mix in for flavorings in small amounts such as minced onions, herbs, oatmeal, walnuts... The hummus makes this stick together. The 1:1 ratio of beets to hummus works, but don't be tied to it. Experiment. The flax also helps to bind ingredients together when cooked.

Salt and pepper

TOOLS USED:

- Mixing bowl
- Baking sheet
- Parchment paper



DIRECTIONS:

1. Shred the **raw beets** using a food processor or grater.
2. Mix with **hummus, flax, red pepper flakes, liquid smoke, salt and pepper**, and other herbs you think would taste good.
3. Using a wide mouth ball jar lid, mush the mixture tightly into the form, flip onto parchment paper* lined cookie sheet, push the patty out, and lift the lid off. (*pictured on a silicone mat)
4. Bake at 420 degrees for 10-15 minutes. Flip. Bake five more minutes. Depending on how wet your hummus spread is, it may need a bit more time. Bake until firm to touch.
5. Serve immediately in a bun with mustard, lettuce, and a slice of onion.
6. Stack leftovers between parchment paper and freeze for another time. Cook by pan frying direct from the freezer.

*Good for one.
Great for many.*

1 Easy Beet Burger Patty

General			
Energy	124.0	kcal	<div><div></div></div> 17%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	81.1	g	<div><div></div></div> 3%

Carbohydrates			
Carbs	15.8	g	<div><div></div></div> 19%
Fiber	4.4	g	<div><div></div></div> 21%
Starch	6.6	g	No Target
Sugars	3.6	g	No Target
Sugar Alcohol	0.1	g	No Target
Net Carbs	11.3	g	<div><div></div></div> 18%

Lipids			
Fat	5.3	g	<div><div></div></div> 20%
Monounsaturated	1.8	g	No Target
Polysaturated	2.2	g	No Target
Omega-3	0.0	g	<div><div></div></div> 2%
Omega-6	2.2	g	<div><div></div></div> 20%
Saturated	0.7	g	n/a
Trans-Fats	0.0	g	0.040 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	5.0	g	<div><div></div></div> 8%
Cystine	0.1	g	<div><div></div></div> 11%
Histidine	0.1	g	<div><div></div></div> 13%
Isoleucine	0.2	g	<div><div></div></div> 15%
Leucine	0.3	g	<div><div></div></div> 11%
Lysine	0.3	g	<div><div></div></div> 10%
Methionine	0.1	g	<div><div></div></div> 13%
Phenylalanine	0.2	g	<div><div></div></div> 21%
Threonine	0.2	g	<div><div></div></div> 13%
Tryptophan	0.1	g	<div><div></div></div> 19%
Tyrosine	0.1	g	<div><div></div></div> 12%
Valine	0.2	g	<div><div></div></div> 13%

Vitamins			
B1 (Thiamine)	0.1	mg	<div><div></div></div> 12%
B2 (Riboflavin)	0.1	mg	<div><div></div></div> 7%
B3 (Niacin)	0.6	mg	<div><div></div></div> 4%
B5 (Pantothenic Acid)	0.2	mg	<div><div></div></div> 5%
B6 (Pyridoxine)	0.1	mg	<div><div></div></div> 9%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	37.1	µg	<div><div></div></div> 9%
Vitamin A	619.6	IU	<div><div></div></div> 27%
Vitamin C	6.5	mg	<div><div></div></div> 9%
Vitamin D	0.0	IU	0%
Vitamin E	0.3	mg	<div><div></div></div> 2%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	1.1	mg	No Target
Vitamin K	39.6	µg	<div><div></div></div> 44%

Minerals			
Calcium	74.4	mg	<div><div></div></div> 9%
Copper	0.3	mg	<div><div></div></div> 30%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	1.6	mg	<div><div></div></div> 19%
Magnesium	29.7	mg	<div><div></div></div> 9%
Manganese	0.6	mg	<div><div></div></div> 32%
Molybdenum	0.0	µg	0%
Phosphorus	108.6	mg	<div><div></div></div> 16%
Potassium	222.6	mg	<div><div></div></div> 5%
Selenium	4.3	µg	<div><div></div></div> 8%
Sodium	286.5	mg	<div><div></div></div> 22%
Zinc	0.7	mg	<div><div></div></div> 9%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.