

Beet Bean Burger

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 medium beets, grated
- 1 egg
- 1/2 cup almond meal flour (ground almonds)
- 1 garlic clove
- 1 tsp cumin
- 1 tsp chili powder
- 1 can 15 oz / 425 g organic navy or garbanzo beans
- 1/2 cup feta cheese (I used goat feta)
- Handful or 1/2 cup fresh parsley

Instructions:

1. Toss everything in your food processor or blender and blitz until blended, OR Grate beets and then mash beans with a potato masher. Combine all ingredients together in a big bowl.
2. Preheat oven to 350F degrees. Form the burger mixture into 3-4" diameter patties.
3. Grease a cookie sheet or cover with parchment paper. Place burgers on sheet and bake for 25-30 minutes.

Notes:

Makes 6-8 burgers. Top with grated carrots and feta.