VEGAN LENTIL BURGERS

INGREDIENTS

1 C   Lentils (red) (dry) (well rinsed)
2 1/2 C   Water
1/2 t   Salt
1 T   Olive oil
1   Onion (medium onion diced) (use only 1⁄2 of the onion)
1   Carrot (diced)
1 t   Pepper
1 T   Soy Sauce **OR** Coconut Aminos
3/4 C   Rolled oats (finely ground)
3/4 C   Bread crumbs

DIRECTIONS

1   Boil lentils in the water with the salt (45 minutes).
2   Lentils will be soft & most of the water will be gone.
3   Fry the onions & carrot in the oil until soft (5 minutes).
4   In a bowl, mix the cooked ingredients with the pepper, soy sauce **OR** coconut aminos, oats & bread crumbs.
5   While still warm form the mix into patties & it will make 8-10 burgers.
6   Burgers can then be shallow fried for 1-2 minutes on each side **OR** baked at 392 for 15 minutes

NOTES

1   You can also use Green Lentils instead of Red Lentils.
2   You can add additional vegetables like spinach, kale, sliced tomatoes & sliced red peppers.