

RECIPE | TOMATOES



VEGAN BEEFSTEAK BURGERS



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VEGAN BEEFSTEAK BURGERS

INGREDIENTS

- 1 Pure Flavor® Organic Beefsteak Tomato
- 6 organic hamburger buns
- 8 oz organic tempeh, cubed
- 1 ½ cups cooked organic chickpeas
- ¾ cup finely chopped organic beets
- ½ cup organic walnut halves
- ½ cup finely diced organic red onion
- 1 "flax egg" (1 tbsp organic flax + 2.5 tbsp water)
- 3 cloves organic garlic
- 3 tbsp organic barbecue sauce
- 2 tbsp organic soy sauce
- 1 tbsp organic Dijon mustard
- 1 tbsp vegan organic Worcestershire sauce
- 1 tbsp organic hot sauce
- 1 tsp organic cumin
- 1 tsp organic smoked paprika
- Salt and pepper, to taste
- Organic vegan cheese
- Organic vegan mayo
- Organic pickles
- Organic lettuce
- Organic mustard

DIRECTIONS

1. Place the walnuts in a food processor and process until ground into a meal. Empty walnuts into a large mixing bowl. Then place tempeh and chickpeas into the food processor and pulse until crumbly. Add into the same bowl with the walnuts, along with the flax egg, onion and garlic.
2. Place the beets, barbecue sauce, Dijon mustard, soy sauce and hot sauce in the food processor and run until smooth. Pour the beet mixture over the walnut mixture in the large bowl. Add the cumin, paprika, salt and pepper. Stir to combine.
3. Preheat the oven to 375° F and line a baking sheet with parchment paper.
4. Using a ½ cup measure, divide the mixture into 6 equal patties. Place patties on baking sheet and bake for 30 minutes or until crispy on the edges.
5. Serve on buns with tomato, vegan cheese, vegan mayo, pickles, lettuce and mustard. Add or subtract any other toppings you choose!



TOTAL TIME

45 minutes

PREP TIME

15 minutes

COOK TIME

30 minutes

SERVES

6

COOKING LEVEL

Easy