

Recipe Name: Vegan Burger Recipe With Beans And Tofu Patty

Diet Type:

Course: Lunch

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Moth Dal (Matki) - soaked overnight • 1 cup Kala Chana (Brown Chickpeas) - soaked overnight or any moong beans • 1 Onion - chopped • 1/2 cup Carrot (Gajjar) - grated • 1 cup Button mushrooms - finely chopped • 2 Potatoes (Aloo) - or raw banana • 3-4 tablespoon Tofu - grated • 2 teaspoon Ginger Garlic Paste • 1 teaspoon Coriander Powder (Dhania) • 1 teaspoon Cumin powder (Jeera) • 1/2 cup Coriander (Dhania) Leaves - finely chopped • 1/2 cup Mint Leaves (Pudina) - finely chopped • 1/4 cup Whole Wheat Bread crumbs • 2 teaspoon Red Chilli powder • 1-1/2 teaspoon Garam masala powder • 2-3 tablespoon Rice flour • 1/2 tablespoon Lemon juice • 2 tablespoon Sunflower Oil • Salt and Pepper - to taste • 6-7 Burger buns • 1 Tomato - sliced • 1 Onion - cut into rings • 1/2 cup Iceberg lettuce - shredded • 1/4 cup Roasted tomato pasta sauce	4

Preparation



- Turn off the flame.
- Allow the pressure to release naturally.
- Open the cooker and drain the water completely.
- Heat 1 tablespoon oil in a Wok/pan.
- Add the chopped onions and ginger garlic paste.
- Now add mushrooms and carrots.
- Stir and cook till water evaporates.
- Add the cooked beans and salt.
- Take it off the heat.
- Cool slightly.
- Pulse this bean-vegetable mixture coarsely in a food processor.
- Mix and knead lightly till it everything comes together.
- Adjust the amount of salt or masala if required.
- Make equal portions of the patty.
- To Serve Warm/grill the burger buns on a pan.
- Drizzle more sauce and top with the other half of the bun.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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