DietCloud – Recipe

Recipe Name: Veg Chili Cheese Burgers Recipe
Diet Type:
Course: Main Course
Cuisine: Continental
Quantity:



Description

This Veg Chili Cheese Burger is a vibrant and hearty creation, featuring a golden-brown, crispy vegetarian patty nestled within a toasted sesame seed bun. Layered with generous melted cheese, tangy pickled jalapenos, and a rich, spicy chili sauce, it's visually enhanced with crisp lettuce and a thick slice of tomato, offering a delightful blend of textures and bold flavors.
[PROS]
- Provides a good source of plant-based protein from soy granules, supporting muscle repair and satiety.
- Contains dietary fiber from potatoes, vegetables, and whole wheat breadcrumbs, aiding digestion and promoting gut health.
- Rich in vitamins and minerals from the fresh vegetables, contributing to overall well-being and immune function.
[CONS]
- Can be high in calories and unhealthy fats due to the deep-frying process of the patty and the added cheese.
- The burger buns may contain refined carbohydrates, which can lead to rapid blood sugar spikes and offer less nutritional value than whole-grain alternatives.
[DIETITIAN REVIEW]
This Veg Chili Cheese Burger offers a robust and flavorful vegetarian option, providing a significant protein boost from soy granules and essential nutrients from the potato and pepper. To optimize its nutritional profile, consider baking or air-frying the patty instead of pan-frying, and opting for a whole-grain bun. Score: 7.5/10

Ingredients

Ingredient	Quantity
• Burger bun	1
• Cheese Slices	2
• Pickled Jalapenos	5 slices
• Potatoes (Aloo) • pressure cooked	2
• Onion	1

- chopped (for patty)

• Red Chilli powder (for patty)	1 tablespoon

• Salt (for patty)	To taste

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- Whole Egg 1

- Whole Wheat Bread crumbs 1/2 cup

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• Garlic • chopped (for patty)	4 cloves

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• Onion • chopped (for chili sauce)	1

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• Tomatoes • chopped	2

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- Homemade tomato puree 1 cup

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• Green Bell Pepper (Capsicum) • chopped	1/2 cup

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- Soy granules 1/2 cup

• Red Chilli powder (for chili sauce)	1 tablespoon

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• Red Chilli flakes	1 teaspoon

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• Cumin powder (Jeera)	1 tablespoon

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• Dried oregano	1 tablespoon

• Tabasco Original Hot Sauce	1 tablespoon

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• Honey	1 teaspoon

• Salt (for chili sauce)	To taste

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• Sunflower Oil	4 tablespoons

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Preparation

• 1.

• Heat 1 tablespoon of Sunflower Oil in a pan over medium heat.

• Add 1 chopped onion (for chili sauce) and sauté until translucent, about 3-5 minutes.

• Add 2 chopped tomatoes, 1 cup homemade tomato puree, 1/2 cup chopped green bell pepper, and 1/2 cup soy granules.

• Cook for 5-7 minutes, stirring occasionally.

• 2.

• Stir in 1 tablespoon red chili powder (for chili sauce), 1 teaspoon red chili flakes, 1 tablespoon cumin powder, 1 tablespoon dried oregano, 1 tablespoon Tabasco Original Hot Sauce, 1 teaspoon honey, and salt to taste.

• Simmer the sauce for about 10 minutes, or until it thickens to your desired consistency.

• Set aside.

• 3.

• In a large bowl, thoroughly mash the 2 pressure-cooked potatoes.

• Add 1 chopped onion (for patty), 1 tablespoon red chili powder (for patty), salt to taste (for patty), 4 cloves chopped garlic (for patty), 1 whole egg, and 1/2 cup whole wheat bread crumbs.

• Mix all ingredients well to form a cohesive, firm mixture.

• 4.

• Form the mixture into a single thick, round patty, suitable for one burger bun.

• 5.

• Heat the remaining 3 tablespoons of Sunflower Oil in a non-stick pan over medium heat.

• Carefully place the patty into the hot oil and cook for 4-6 minutes on each side, or until it is golden brown and crispy.

• 6.

• Lightly toast the inner sides of the burger bun halves.

• Spread a generous layer of the prepared soy chili sauce onto the bottom bun.

• 7.

• Carefully place the cooked patty on top of the sauce, then immediately lay the 2 cheese slices over the hot patty so they begin to melt.

• 8.

• Arrange the 5 slices of pickled jalapenos on top of the melted cheese.

• Place the top bun to complete your Veg Chili Cheese Burger.

• Serve immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	25	40	28	6	8