



Pumpkin Veggie Burgers

4 servings

1 hour 20 minutes

Ingredients

- 2/3 cup White Navy Beans (cooked)
- 1/3 cup Pureed Pumpkin
- 2 2/3 tbsps Red Onion (medium, coarsley chopped)
- 1/3 Yellow Capsicum (medium, coarsley chopped)
- 1/3 Zucchini (medium, coarsley chopped)
- 1/3 Garlic (clove)
- 1/3 tsp Cumin
- 1/8 tsp Oregano
- 1/8 tsp Paprika
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 tsps Tomato Paste
- 1 tsp Tamari
- 1/2 cup Almond Flour
- 2 2/3 tbsps Ground Flax Seed

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 167 |
| Fat | 9g |
| Saturated | 1g |
| Carbs | 17g |
| Sugar | 2g |
| Protein | 7g |
| Cholesterol | 0mg |
| Sodium | 162mg |

Directions

- 1 Preheat oven to 200°C and line a baking tray with baking paper.
- 2 Add the white navy beans, pureed pumpkin, red onion, yellow capsicum, zucchini and garlic into the food processor, and pulse until smooth. Transfer to a large mixing bowl and add in all remaining ingredients. Mix until a thick batter has formed and transfer to the fridge to thicken for 15 minutes.
- 3 Form the mixture into patties and place on the baking tray. Bake for 40 minutes, carefully flipping at the halfway point. Burgers should be golden brown on the bottoms.
- 4 Remove the burgers from the oven and enjoy!

Notes

Serving Size, A serving size of the 4 will make approximately 4 patties.

Too Wet, The mixture will be wet, but you should still be able to form patties with it. If the mix is too wet, add in extra almond flour, 1 tbsp at a time until it reaches a consistency where you are able to form it into patties.

No Oven, Grill on the barbecue.

Topping Ideas, Guacamole, tomato, lettuce, onion, mustard or hot sauce (additional calories will apply)

Serve it On, A burger bun, bed of greens, lettuce wrap, tortilla or sweet potato toasts (additional calories will apply)

Perfect Burgers, Use the lid of a mason jar to shape burgers into perfect circles.

Crisp Them Up, After removing from the oven, fry the patties in a pan with some coconut oil to make them crispy (additional calories will apply)