

Beet Burgers

Ingredient List

red beets (2 cups)	canola oil (½ cup)
carrot (2 cups)	tamari (3 tbs)
onion (½ cup)	eggs (4)
sesame seeds (½ cup)	parsley (½ cup chopped)
sunflower seeds (1 cup)	garlic (3 cloves minced)
brown rice (1 cup cooked)	cayenne pepper (1 tsp)
cheddar cheese (2 cups shredded)	

PROCESS

1. toast sesame seeds in skillet – allow to cool
2. toast sunflower seeds in skillet – allow to cool
3. peel, then coarsely grate beets (2 cups) and carrots (2 cups)
4. combine beets and carrots with diced onion in a large bowl
5. stir in sunflower and sesame seeds
6. stir in rice, cheese, canola oil, tamari, eggs ,parsley, and garlic
7. add cayenne pepper
8. shape into patties
9. bake in a 350 oven for 20 minutes – until browned

Enjoy!