



Vegan Mung Bean Burgers

Season: Spring, Summer and Fall

Recommended for: Kapha, Vata and Pitta

Servings: 8 -10 burgers

Ingredients

- 1 cup dry mung beans
- 1 cup quinoa
- 1 medium onion, chopped
- 5 gloves garlic, chopped
- 1 tsp turmeric
- 1 bunch basil, finely chopped
- ½ cup flat leaf parsley chopped
- 1-2 green chilies chopped (optional)
- 1 tablespoon coconut oil
- 1 1/2 tsp cumin
- 1 ½ tsp coriander
- 1 Tbsp. chia seeds
- 2 Tbsps. flax seed
- ½ tsp Himalayan salt
- 1 tsp pepper
- ½ cup egg substitute or 3 eggs

Directions

Soak the mung beans overnight or for up to 8 hours in enough water to cover them by at least 3 inches.

Drain the mung beans in a colander, and give them a good rinse. Cook the beans in a large pot with enough water to cover them. Cook the beans until al dente and not mushy. Drain any remaining water in the pot and mash the beans by hand or use a food processor breaking them into smaller pieces but leave some whole for texture. Set aside.

Cook the quinoa in a medium size pot with enough water to cover them. Drain any remaining liquid using a colander. Add the quinoa to the mashed mung beans.

In a skillet, lightly sauté the chopped onions and garlic in coconut oil.

Add the remaining ingredients to the mung bean mixture adding the coconut oil at the end.

This mixture should hold together when you form a patty.

Form 8-10 patties, patting them out using your palm and shaping the edges with your fingers.

Heat a non-stick or cast-iron skillet using spray or add some oil of your choice. Cook the burgers over medium heat until both sides are golden brown.

Delicious on a whole wheat or gluten free bun, lettuce or collard green for a wrap.