



Mushroom Burgers

Prep Time: 15 min. Marinating Time: 40 min. Makes: 12 burgers.

This is a great veggie burger to take the place of store-bought burgers. They're easy to make, and they have a really rich flavor and hearty texture. You can make a double batch and then freeze them for quick meals on weeknights.

INGREDIENTS

- 2-3 cups brown mushrooms, chopped
- 1 Tbsp tamari (soy sauce)
- 1 cup toasted buckwheat (kasha)
- 1 Tbsp tamari (soy sauce)
- 2 Tbsp tahini (or any other nut/seed butter)
- 1 Tbsp thyme, fresh or dried
- 1 Tbsp ground cumin
- 1-2 cloves garlic, pressed

DIRECTIONS

1. Chop the mushrooms up to be very small. The easiest way is to pulse them in a food processor. Then, toss the chopped mushrooms with the first tablespoon of tamari, and let them sit while you get the buckwheat cooking.
2. Cook the buckwheat in 2 cups of water with a pinch of salt, bringing it to a boil then turning down to low to simmer for 10-15 minutes.
3. Once the buckwheat is cooked, stir it in with the mushrooms. Then mix in the rest of the seasonings.
4. Turn on the oven toaster oven to 350 degrees F.
5. Put the mixture on a parchment-lined cookie sheet in burger shapes. Put in the oven at 350 degrees F, for about 40 minutes.

NUTRITION FACTS

Per serving
Calories 70

% Daily Value*

2 g	Total Fat	3%
0 g	Saturated Fat	1%
0 mg	Cholesterol	0%
174 mg	Sodium	7%
12 g	Carbohydrates	4%
2 g	Dietary Fiber	7%
0 g	Sugar	
3 g	Protein	4%
11 IU	Vitamin A	0%
0 mg	Vitamin C	0%
22 mg	Calcium	2%
1 mg	Iron	7%

Hints & Tricks

The tamari/soy sauce adds a rich savory flavor and saltiness, but you can swap for sea salt if you don't have any soy sauce on hand (and saute the mushrooms briefly rather than marinate them).