

Beet Burgers: A Delicious and Healthy Plant-Based Alternative

These beet burgers stand out for several reasons:



OVEN
375°F

TIME
15 min

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INGREDIENTS

2 medium beets, cooked and peeled
1 cup cooked quinoa
1/2 cup breadcrumbs
1/4 cup finely chopped onion
2 cloves garlic, minced
1 tablespoon olive oil
1 teaspoon cumin
Salt and pepper to taste
Burger buns and toppings of your choice (lettuce, tomato, avocado, etc.)

DIRECTIONS

1. Preheat your oven to 375°F (190°C).
2. In a large bowl, mash the cooked beets until smooth.
3. Add the cooked quinoa, breadcrumbs, chopped onion, minced garlic, olive oil, cumin, salt, and pepper. Mix until well combined.
4. Form the mixture into patties, about 1/2 inch thick.
5. Place the patties on a baking sheet lined with parchment paper and bake for 25-30 minutes, flipping halfway through.
6. Once cooked, serve the beet burgers on buns with your favorite toppings.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/beet-burgers-a-delicious-and-healthy-plant-based-alternative/>