

# Veggie Burgers, 3 recipes

**COOKING**  
**LOVERS** TESA



## **Consejo del chef**

Serve with your favourite ingredients: avocado, tomato, mayonnaise... and enjoy!

## Raciones para 1

200 g  
Baked chickpeas  
1/4  
Big courgette  
2 tablespoons  
Flax seeds powder  
3 tablespoons  
Chickpea flour  
1 teaspoon  
Curry and salt  
1/4  
Green pepper  
1/4  
Red pepper  
1/4  
Yellow pepper  
1/4  
Onion  
40g  
Dry, textured soy in flakes or crumbles  
3 tablespoons  
Whole wheat flour  
1  
Salt  
1  
Sweet paprika  
400g  
Baked red beans  
150g  
Onion  
100g  
Mushrooms  
4 tablespoons  
Spelt flour  
1  
Garlic powder  
1  
Olive oil  
1  
Salt

**1 CHICKPEA BURGER:** 200 g of baked chickpeas, 1/4 of a big courgette, 2 tablespoons of flax seeds powder, 3 tablespoons of chickpea flour, 1 teaspoon of curry and salt. Serving suggestion: whole wheat bun, kale sprouts, caramelized onions and mustard.

**2 SOY BURGER:** 1/4 green pepper, 1/4 red pepper, 1/4 yellow pepper, 1/4 onion 40 g of dry, textured soy in flakes or crumbles, 3 tablespoons of whole wheat flour, salt and sweet paprika. Serving suggestion: whole wheat bun, cheddar cheese, lettuce sprouts and ketchup.

**3 RED BEAN BURGER:** 400 g of baked red beans, 150 g of onion, 100 g of mushrooms, 4 tablespoons of spelt flour, garlic powder, olive oil and salt. Serving suggestion: avocado, tomato and mayonnaise.

**4** To make the flesh of the 3 burgers, place all the ingredients of each one of them in a food processor and grind until they are well combined. Shape the burger with your hands and sear on a non-stick frying pan, around 2 minutes in each side.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/3-recetas-de-hamburguesas-veganas/>

