

# Vegan No-Bun Lentil and Mushroom Burgers



Source: America's Test Kitchen "*Vegan for Everybody*", Better Vegan Category: Vegan Entrees & Sides

Prep Time: 15 min Cook time: 1 hour 10 min Total

Time: 1 hour 25 min

Makes 9-10 burger patties

*Vegan / Gluten Free / Refined Sugar Free / Soy Free*

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Recipe Link:

<https://www.betterveganrecipes.com/lentil-mushroom-burgers>

## Ingredients:

1/2 cup brown lentils, soaked overnight, drained and rinsed  
1 box (8oz) crimini mushrooms, trimmed and sliced thin  
1 large onion, chopped fine  
1/2 celery rib, minced  
1/4 cup leek, white and light green parts only, chopped fine and washed thoroughly  
1 garlic clove, minced  
1/4 and 1/8 cup millet, soaked overnight, then drained and rinsed  
1/2 cup raw cashews, soaked overnight, then drained and rinsed  
3 Tbsp. avocado oil  
1 Tbsp. aquafaba, plus more if needed (optional)  
1 cup vegan gluten-free breadcrumbs  
Pink Himalayan sea salt  
Freshly ground black pepper, to taste

## Instructions:

1. Prepare the ingredients.
2. Bring 3 cups water, lentils, and 1 teaspoon salt to boil in medium saucepan over high heat. Reduce heat to low and simmer until lentils just begin to fall apart, about 25 minutes. Drain lentils through a fine mesh strainer and let cool completely.
3. At the same time bring 3-4 cups of water to a boil, add millet and 1/4 teaspoon salt, reduce heat to simmer and cook until millet is ready, about 15-20 minutes. Drain millet through a fine mesh strainer and let cool completely.
4. Meanwhile, heat 2 tablespoons oil in 12-inch nonstick skillet over medium heat until shimmering. Add mushrooms and cook until golden, about 12 minutes. Stir in onions, celery, leek, and garlic and cook until browned, 10 to 15 minutes. Transfer to bowl and let cool completely, about 30 minutes.

5. Pulse cashews in a food processor until finely ground, about 25 pulses.
6. Combine lentils, mushrooms mixture, millet, ground cashews in bowl. Mix well. If the mixture is too dry, add aquafaba a bit at a time until it comes together. Pulse half of the mixture in now empty food processor until coarsely ground, but cohesive, about 15 pulses. Transfer to large bowl. Repeat with remaining mixture and transfer to bowl. Stir in bread crumbs and 1/2 teaspoon salt.
7. Adjust oven rack to middle position and heat oven to 200 degrees. Divide mixture into 10 equal portions and pack into 3 1/2 -inch-wide patties.
8. Heat 2 tablespoons oil in now-empty skillet over medium heat until shimmering. Gently lay 4 patties in skillet and cook until crisp and well browned on first side, about 4 minutes. Gently flip patties and cook until crisp and well browned on second side, about 4 minutes, adding extra oil if skillet looks dry.
9. Transfer burgers to wire rack set in rimmed baking sheet and place in oven to keep warm. Wipe out skillet with paper towels and repeat in 2 batches with remaining oil and remaining patties. Serve.

### Notes:

The burger mixture should come out wet and cohesive, and usually does not need extra liquid and binder like aquafaba. Use it only if the mixture is too dry and doesn't come together. The prepared mixture can be refrigerated for up to 3 days.

To make vegan gluten-free breadcrumbs, use any vegan gluten-free bread which contains no sugar (I use EnerG Brown Rice Yeast Free Bread). Place the bread slices on the baking sheet and bake in the oven at 350 degrees until slightly golden brown for about 30 minutes or so, turning once in the middle of baking. Then take out of the oven and let cool completely. Once cool, break into small pieces and process in the food processor to the bread crumb consistency.

### Equipment needed:

Food processor  
Baking sheet  
Wire rack

### Serving suggestion:

Serve with Creamy Chipotle Sauce, Baked Sweet Potato Wedges or any sides of your choice.