

# Veggie Burgers

## *Ingredients:*

1 cup chopped onion  
1 cup chopped mushrooms  
1 1/2 cups diced sweet potato  
2 garlic cloves, minced  
1 tbsp [coconut aminos](#)  
1 tbsp [tomato paste](#)  
1-4-1/2 cup water, more if needed  
1 cup walnuts  
1/3 cup [ground golden flaxseed](#), more if needed  
1/2 tsp [smoked paprika](#)  
1 tsp ground cumin  
1/4 tsp black pepper  
4 gluten-free and corn-free burger buns

## *Additional topping options:*

Spinach or lettuce, sliced tomatoes, thinly sliced red onion  
Sliced avocado  
Ketchup

## *Directions:*

Place a non-stick pan on medium-high heat. Add the onions and mushrooms and fry for 2-3 minutes until the onions start to soften. Add the sweet potato, garlic, coconut aminos and tomato paste. Cook for 3-5 minutes, stirring often, until the sweet potato starts to soften. Add the water and place on the lid. Cook at medium-high heat for 15-20 minutes, stirring often, until the sweet potato is soft. Add more water if necessary. Remove from heat and cool completely.

Place the sweet potato mixture in a food processor and pulse a couple times until the mixture is smooth but still chunky. Don't over process. Place in a medium-sized mixing bowl and set aside.

Add the walnuts to the food processor and blend until you get a coarse crumb. Add to the bowl with the sweet potato mixture, followed by the ground flaxseed, smoked paprika and ground cumin. Mix until uniform. The mixture should be firm enough to shape into patties - if not then add more ground flaxseed. Shape into patties.

Refrigerate for 1 hour for a firmer patty, or cook immediately using a non-stick pan for 4-5 minutes at medium-high heat on either side.

To assemble the burgers, place the patties on burger buns and add toppings of your choosing. Serve immediately.

*Serves: 4*