

Vegan Beet Burgers with Sweet Chili Slaw

If you've been curious about those store-bought veggie burgers that "bleed," you should try this homemade veggie burger recipe made with kidney beans, walnuts and beets. A little chili powder in the mixture gives them a hint of spiciness, which works nicely with the sweet chili slaw.

Active: 25 mins

Total: 1 hr 25 mins

Servings: 4



Ingredients

1 (15 ounce) can no-salt-added kidney beans, rinsed

1/3 cup walnuts

2 teaspoons low-sodium soy sauce, divided

1 teaspoon ground pepper

1/2 teaspoon chili powder

1/2 teaspoon salt

1/3 cup shredded red beet

3/4 cup precooked brown rice, such as Uncle Ben's

2 tablespoons sweet chili sauce, such as Mae Ploy

1 tablespoon rice vinegar

1 1/2 cups coleslaw mix

1 tablespoon extra-virgin olive oil

4 whole-wheat hamburger buns, toasted

Directions

Step 1

Place kidney beans, walnuts, 1 teaspoon soy sauce, pepper, chili powder and salt in a food processor. Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. Transfer to a bowl and add beet and rice; stir well to combine. Refrigerate for 1 hour.

Step 2

Meanwhile, whisk chili sauce, vinegar and the remaining 1 teaspoon soy sauce in a medium bowl. Add coleslaw mix; toss to coat. Set aside.

Step 3

Shape the beet mixture into 4 patties.

Step 4

Heat oil in a large nonstick skillet over medium-high heat. Add the patties and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, 2 to 4 minutes more.

Step 5

Serve the burgers on buns with the sweet chili slaw.

Tips

To make ahead: The burger patties can be made in advance. Prepare patties through Step 3; cover and refrigerate for up to 24 hours.

Nutrition Facts

Serving Size: 1 Burger **Per Serving:** 365 calories; protein 11.9g; carbohydrates 53.5g; dietary fiber 7g; sugars 10.4g; fat 11.8g; saturated fat 1.5g; vitamin a iu 181.4IU; vitamin c 10.8mg; folate 92.8mcg; calcium 119.2mg; iron 3.7mg; magnesium 91.1mg; potassium 410.3mg; sodium 726.9mg; thiamin 0.9mg; added sugar 2g. **Exchanges:**
2 1/2 Starch, 2 Fat, 1 Lean Protein, 1/2 Vegetable

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