

# J's Vegetarian Burgers

Yield : 4 Portions

Ingredients:

4 servings

½ Cup Wheat Berries (Hayden Mills) (soaked overnight)

½ Oz. Dried porcini mushrooms

4 Tblsp. Olive oil

1 Whole shallot finely chopped

8 Oz. Shiitake mushrooms, stems removed, caps thinly sliced

1 15-Oz Can Chickpeas, rinsed

1 ½ Teaspoon Bragg liquid aminos or reduced-sodium soy sauce

1 med Carrot, Peeled, Finely grated

1 Large egg, beaten to blend

4 Oz Sharp cheddar

4 Seeded whole grain buns

Dijonaise, Shredded iceberg, sliced tomato, avocado and alfalfa sprouts for serving



## **Preparation**

### **Step 1**

Soak wheat berries overnight. Cook wheat berries in a medium saucepan of boiling salted water until tender (they will remain quite chewy), 45–50 minutes. Drain, spread out on a baking sheet, and let cool.

### **Step 2**

Meanwhile, place porcini mushrooms in a small bowl and cover with 1 cup very hot water. Let stand 20 minutes to soften; drain, reserving  $\frac{1}{4}$  cup mushroom soaking liquid.

### **Step 3**

Heat 2 Tbsp. oil in a large skillet over medium-high heat. Add shallot and cook, stirring often, until softened, about 3 minutes. Add shiitake mushrooms and cook, tossing occasionally, until golden brown and tender, 6–8 minutes. Transfer shallot and shiitake mushrooms to a food processor. Add chickpeas and rehydrated porcini mushrooms and pulse until coarsely chopped. Add wheat berries, liquid aminos, and reserved mushroom soaking liquid and process until fairly smooth (mixture should still have some texture). Transfer to a large bowl; season with salt and pepper and fold in carrot and egg. Form mixture into four 5" patties; place on a plate and chill, uncovered, at least 30 minutes.

### **Step 4**

Heat remaining 2 Tbsp. oil in a large skillet over medium-high heat. Cook patties until deeply browned, about 4 minutes per side. Top patties with cheese, cover skillet, and cook until cheese is melted, about 1 minute.

### **Step 5**

Serve patties on toasted buns with desired toppings.

### **Step 6**

DO AHEAD: Patties can be formed 24 hours ahead. Keep chilled.