

Lentil Barbecue Burgers

Yield: 8 large burgers

- ½ c. each: chopped onion, finely grated carrots
- 1 c. finely chopped fresh mushrooms
- 1 clove garlic, minced
- ½ c. quick oats mixed with ¾ c. water
- ½ t. each: salt, sage, garlic powder
- Pinch of thyme
- 1 c. cooked lentils
- ¼ c. almond flour
- ½ c. quick oats
- 1 T. barbecue sauce

Directions:

1. Sauté onion, carrots, mushrooms and garlic for a few minutes in a little olive oil.
2. Microwave quick oats and water for 45 seconds.
3. Mix all ingredients together and form into patties and fry in a little olive oil.

Homemade Barbecue Sauce

- 1 jar tomato paste, unsalted
- Juice of 1 lemon (2 T.)
- 2 T. honey
- 2 t. molasses
- 1 t. each: onion powder, garlic powder, cumin
- ½ t. salt
- ¼ t. basil
- ¼ c. water

Mix all ingredients together with whisk and enjoy! If not using all at one, it freezes well.