



PROTEIN FLIP BEEF AND BEET BURGER

by The Food Next Door - SWELL

Ingredients

Makes about 6, 4oz burgers

- 1/3 cup dried Colorado pinto beans
- 1/3 cup dried barley
- 2 large or 4 medium beets, diced
- 2 Tbsp olive oil
- 2 cups mushrooms, chopped
- 1/2 cup onion, diced
- 4 garlic cloves, minced
- 2 cups greens (kale or chard), chopped
- 1 tsp marjoram or herb of choice
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper to taste
- 1 lb grassfed ground beef (optional)

Directions

Soak pinto beans overnight, then drain, rinse, and bring to a boil in fresh water. Once boiling, reduce heat to a simmer and cook for 1 hour or until soft and set aside. Preheat the oven to 375F. In a large pot, bring water to a boil and add barley, cook until barley is tender yet chewy, about 30 minutes, then drain and set aside. While the beans and barley are cooking, prepare the produce by first washing the beets, mushrooms, and greens. Cut the tops off the beets, chop into 1/2-inch cubes then place on a cookie sheet, drizzle with olive oil, and roast in the oven for 20 minutes or until soft, then remove from oven and allow to cool. Meanwhile, finely chop the mushrooms, onion and greens, and mince the garlic. In a medium pan over medium heat, heat the olive oil then add garlic, onion and mushrooms and sauté until the onion is translucent. Add the greens and cook until wilted. Once cool, pulse the cooked beans and beets in a blender or food processor until mostly pureed. In a large bowl, mix the bean/beet puree, barley and sautéed mushrooms/onions/garlic/greens. Season with your herb of choice, chili powder, cumin, salt and pepper to taste. If you are using ground beef, add to bowl and mix well. Form golf ball sized balls, then flatten and place on an oiled baking sheet. Bake in the oven for 18-20 minutes or until the internal temperature reaches 160F.

Serve burger over greens, whole grain bread, or thinly sliced roasted potatoes and top with salsa or plain yogurt mixed with salt, pepper and herbs.

Tip: make a large batch of protein-flip burgers and freeze some for an easy weeknight meal

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