

Carrot Burgers

Contributed by
Sunday, 04 May 2008

Carrot Burgers
Wednesday, March 5th, 2008

10 carrots, peeled and cut into 1-inch rounds

2 Tbsp. vegetable oil

3 garlic cloves, minced

3 onions, coarsely chopped

2 celery stalks, diced

2 green peppers, diced

5 Tbsp. tamari sauce

½ tsp. garlic powder

½ tsp. dried basil

½ tsp. paprika

½ tsp. dried oregano

½ tsp. dried parsley

½ cup tahini

3 Tbsp. peanut butter

2 Tbsp. cashew butter (optional)

½ cup wheat germ (optional)

Preheat oven to 350 degrees F. Steam carrots for 15 minutes, or until soft. Drain and mash well, using a potato masher.

In a large skillet, heat the oil over medium heat. Add garlic, onions, celery, and peppers. Saute for 5 - 7 minutes, or until onion is translucent. Add tamari, basil, garlic powder, parsley, and oregano. Saute for 2 minutes more.

In a large bowl, combine the carrots, sauteed vegetables, tahini and peanut butter. Season to taste. If the batter is too wet, add the wheat germ to make it hold together. Form the mixture into patties, and place on an oiled cookie sheet. Bake for 10 to 12 minutes, until golden on top. Turn and bake on the other side until golden brown.