

Berbere Style Veggie Burgers

Berbere Spice Mix

Ingredients:

½ cup red-hot chilies – long red spicy chili peppers are highly recommended - grind dried peppers in a bladed grinder (coffee grinder)

¼ cup smoked paprika

1 tsp cardamom

1 tsp ground ginger

1 tsp garlic powder

1 tsp onion powder

½ tsp coriander

½ tsp cumin

¼ tsp nutmeg

¼ tsp ground clove

¼ tsp ground cinnamon

⅛ tsp allspice

Directions:

Mix all ingredients together thoroughly.

If using a coffee grinder or spice mixer, make sure to use gloves while removing the hot red chilies.

Nutrition Facts



Serving (1)

161.1g



Calories	137 kcal	7%
Calories from Fats	93.3 kcal	5%
Total Fat	4.2 g	7%
Saturated Fat	0.85 g	4%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	325 mg	14%
Total Carbs	27.4 g	9%
Fiber	12.5 g	50%
Sugars	3.1 g	6%
Protein	5.2 g	10%

Pickled Watermelon

Ingredients:

1 Michigan baby seedless watermelon
½ cup apple cider vinegar
¼ cup MI honey
½ tsp salt

Directions:

1. Combine the apple cider vinegar, honey and salt in a small saucepan over medium high heat until salt and honey completely dissolve.
2. Remove the rind from the watermelon and then slice round pieces slightly larger than the buns you will be using for the burgers. Watermelon slices should be about ¼ inch thick.
3. Once the pickling liquid reaches 160F. In a shallow heatproof pan place, the watermelon slices and pour over the pickling liquid once.
4. Pickled watermelon can be made up to 6 days before serving Berbere veggie burgers

Nutrition Facts



Serving (1)
3,219g



Calories	1186 kcal	59%
Calories from Fats	5.3 kcal	0%
Total Fat	4.5 g	7%
Saturated Fat	0.48 g	2%
Cholesterol	0 mg	0%
Sodium	1218 mg	51%
Total Carbs	298 g	99%
Fiber	12.2 g	49%
Sugars	257 g	514%
Protein	18.6 g	37%

4000

Berbere Veggie Burgers


Ingredients:

15 oz cooked MI black beans
1.5 cups cooked brown rice
8 oz mushrooms
1 cup shredded carrot
½ cup MI walnuts
3 T Berbere spice mix
2 T minced garlic
3 T olive oil
1 T tomato paste

Directions:

1. Cook brown rice according to package directions
2. Clean, wash and remove any dirt from the vegetables.
3. Slice mushrooms. In a large sauté pan, sear mushrooms with 2 T olive oil. Make sure the mushrooms are very brown after searing.
4. In a food processor, add the black beans, seared mushrooms, walnuts, garlic and tomato paste and pulse until blended. You want the mixture to retain a slightly coarse texture.
5. Remove the processed mixture into a large bowl. Add rice, shredded carrot, Berbere spice mix and incorporate all ingredient thoroughly.
6. In a large sauté pan place remaining Tablespoon of olive oil and over medium heat; using gloves, form bean burgers into desired size - about 8oz. Place veggie burgers into pan. Sear each side for about 6-7 minutes or until internal temperature reaches 150F.
7. Place on whole-wheat burger buns with a slice of the pickled watermelon and top with your favorite burger condiments and Michigan veggies.



Nutrition Facts		
	Serving (1) 637.4g	
Calories	1231 kcal	62%
Calories from Fats	9106 kcal	455%
Total Fat	82.1 g	126%
Saturated Fat	10.1 g	50%
Cholesterol	0 mg	0%
Sodium	134 mg	6%
Total Carbs	111 g	37%
Fiber	14.7 g	59%
Sugars	10.9 g	22%
Protein	23 g	46%