



Tips and Recipes for Making a Better Burger

Here are two of our favorite recipes for a better beef and better veggie burger. Feel free to modify or find other recipes for tasty burgers that are better for you, the animals and the planet.

Conscious Kitchen Better Beef Burger *(from our partners at Turning Green)*

Ingredients (6 servings)

- ◆ 1 lb third-party certified or locally sourced grass-fed or organic ground beef
- ◆ 1 organic carrot - raw, peeled
- ◆ 1 organic red beet - raw, peeled
- ◆ ½ organic white onion - raw, peeled
- ◆ 4 large mushrooms - raw
- ◆ 2 cloves organic garlic- raw, peeled
- ◆ 2 tbsp organic canola, grapeseed or avocado oil for cooking burgers
- ◆ Sea salt/ black pepper to season

Directions:

1. Buy your ingredients from local suppliers, if available. For your best selection of local organic veggies and ethical, sustainable, grass-fed meat, shop at your local farmers market, co-op or natural food store or buy directly [online](#). Look for these labels or find local suppliers who provide good information about their healthy and sustainable farming practices.



Look for step 4-5*

2. Finely dice or shred all of the vegetable and mushroom ingredients. You can also use your food processor, or grate them if you have the tools. These will add moisture and prevent the burger from cooking too fast and drying out.
3. Mix diced vegetables and mushrooms with meat. Season with salt and pepper (and other herbs of your choice).
4. Make the 1½" thick burger patties by pressing down slightly in the middle of the patty to make a depression.
5. Heat a large skillet and add 1 tsp of high heat expeller-pressed organic canola oil.
6. Cook the patties about 4-6 minutes on each side. Make sure to turn with a spatula vs. a fork and keep the heat on medium since cooking leaner grass-fed meat typically requires 30% less cooking time than grain-fed meat. And if you over cook, it easily dries out.
7. Let it sit for a few minutes and then serve on your bun with your favorite condiments.
8. Enjoy a tasty, healthier burger that reduces your carbon and water footprint by 30 percent, provides higher levels of Omega-3 fats and antioxidants, and is produced with no added hormones or routine antibiotics.
9. Share your results! Post pictures on [betterburgernow](#) instagram account and other social media using [#BetterBurgerNow](#) and [#BetterBurgerChallenge](#)
10. Please be in touch, share your stories and ask any questions at foodtech@foe.org.

Lentil Walnut Mushroom Better Veggie Burger

(from Kari Hamerschlag, Deputy Director of Friends of the Earth's Food and Technology program)

Ingredients (makes about 10 burgers)

- ◆ 1 tbsp extra virgin olive oil
- ◆ 2 tbsps high heat expeller-pressed organic canola oil
- ◆ 1cup finely chopped onions
- ◆ 2 cloves diced garlic (optional)
- ◆ 1 carrot, finely chopped
- ◆ ¼ cup chopped organic celery
- ◆ ½ cup sliced organic crimini mushrooms
- ◆ ¼ cup thinly chopped organic walnuts
- ◆ 1 tbsp cumin
- ◆ 1 tsp chopped fresh thyme
- ◆ ½ tsp sea salt
- ◆ ½ tsp ground black pepper
- ◆ 1 cup brown rice, quinoa, or whole wheat breadcrumbs
- ◆ 1 ½ cup cooked organic lentils
- ◆ 1 organic egg, lightly beaten
- ◆ 2 tbsps organic ketchup or tomato paste

Directions:

1. Buy your organic ingredients from local suppliers. For the best selection, shop at your local farmers market, co-op or natural food store.
2. Heat olive oil in a large skillet over medium heat. Sauté onions with salt and ¼ tsp cumin until translucent. Add carrots, celery, mushrooms, walnuts, thyme, cumin, salt, pepper and cook, stirring frequently, until softened, about 5 minutes; transfer to a large bowl.
3. In a food processor, purée ½ cup of breadcrumbs or brown rice, lentils and egg until smooth. Transfer to bowl with vegetables; add remaining ½ cup rice or breadcrumbs and combine ingredients.
4. Form lentil mixture into patties, using about ¼ cup of the mixture to make each one.
5. Heat organic canola oil in a large skillet over medium high heat. Arrange patties in skillet and cook, flipping once, until golden and crisp, 8 to 10 minutes total.
6. Let patties sit for a few minutes and then serve a bun with your favorite condiments.
7. Enjoy a tasty, healthier burger that reduces your carbon and water footprint!
8. Share your results! Post pictures on betterburgernow instagram account and other social media using #BetterBurgerNow and #BetterBurgerChallenge
9. Please contact us, share your stories and photos and ask any questions at foodtech@foe.org

