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## Mushroom and Lentil “Meat”loaf and Burgers

*The incredibly talented organic gardener, chef, and caterer, Lali Hess ([www.thejuniperspoon.com](http://www.thejuniperspoon.com)) shared this recipe with me. I loved the “meat”loaves and thought the mixture would make great burgers. I substituted a locally made BBQ sauce for the tomato sauce and ketchup to give the burgers a smokier flavor and was WOWed by the results. The burgers are great served on buns with raw or sautéed onions, pickles, tomato slices, and just about anything else that tops their beefy cousins!*

1 cup onions, chopped fine  
1/2 cup carrots, chopped fine  
1/2 cup celery, chopped fine  
3 cloves garlic  
22 oz mixed local mushrooms (cremini and white button)  
1 cup chopped walnuts  
2 cups cooked rice, cooled (prefer brown)  
4 cups cooked French lentils, cooled (the tiny green ones)  
8 eggs (prefer local, organic)  
1/4 cup flaxseed meal  
32 saltines, crushed (or 2 cups panko breadcrumbs—prefer the whole wheat ones)  
1/4 cup extra virgin olive oil  
1/4 cup Vegetarian Worcestershire sauce  
2 tbs marmite or vegemite  
1/2 cup tomato juice or sauce, prefer homemade  
1/2 cup ketchup  
chopped cilantro or parsley  
Salt and Pepper to taste

- 1 Sauté the onions, carrots, celery and garlic in a touch of oil, until slightly dried out. Add chopped mushrooms (chop them in the food processor) and turn off the heat.
- 2 Let the mixture cool for about 15 minutes then add the rest of the ingredients, working the mixture by hand. Depending on the size of your pan, you may need to transfer the mixture to a very large bowl to add the rest of the ingredients.
- 3 Make a tiny patty and fry it stovetop. Check for flavor, salt, pepper, consistency. Adjust the rest of the mixture. If necessary, fry another patty and taste again.
- 4 Spoon mixture into greased loaf pans and bake in 350° oven until done (should read 165° on a meat thermometer). 35-40 minutes for mini-meatloaves and 50-60 minutes for regular sized ones. Let rest 5-10 minutes before cutting.

Makes 3 regular sized meatloaves or 6 mini ones. The regular meatloaves will serve 4 each and the mini ones will serve two each.

Lali’s Note: Excellent as a cold “meatloaf” sandwich the next day!

**To make the burgers:** Substitute 1 cup of Mild to Wild Pepper & Herb Company’s Original Finishing Sauce for the tomato juice/sauce and the ketchup ([www.wildpepper.com](http://www.wildpepper.com)). Spoon the mixture into three lightly greased silicone giant 6 cup muffin pans (fill the cup completely). Place the muffin pans on

a cookie sheet and bake at 350 degrees for 35-40 minutes until done (should read 165 on a meat thermometer) and are crispy brown on top. (Note: If you have one muffin pan, just make meatloaves with the rest!)

If eating immediately, let rest for 10 minutes and serve on whole grain buns.

If saving for later use, cool the burgers completely in the muffin pans. Cover the pans with non-stick foil and place in freezer. Once the burgers are frozen, pop them out and store in one layer in a flat, airtight freezer safe container. To reheat, thaw the burgers over night in refrigerator. Heat a bit of olive oil in a non-stick pan and cook the burgers for about 3-5 minutes per side or until heated through or place the thawed burgers on a microwave safe plate, cover with a paper towel, and heat at 70% power for 2 minutes.

Makes 18 burgers.

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