



The Longève Perfect Plant Burger

Makes approximately 6 full-sized patties, or 12 slider-sized

Prep Time: 15 minutes active (plus 30 minutes of resting time)

Cook Time: 30 minutes

Tags: Vegan, Gluten-Free, Everyday Recipes

Longève Original Plant-Based Protein Crumbles are what earn these burger patties their name, and give them a big, beefy flavor and texture that holds up incredibly well on the grill. Try them and you'll see how perfect a plant-based burger can be!

Ingredients:

3 cups Longève Original Crumbles

½ cup vegan Worcestershire sauce (we like Lord Sandy's)

½ teaspoon natural liquid smoke extract

1 ½ teaspoons fine sea salt, divided

1 cup garbanzo bean flour

1 teaspoon garlic powder

2 teaspoons onion powder

2 tablespoons coconut or brown sugar

1 small red beetroot, peeled

¼ cup refined coconut oil, melted

Method:

- Bring 1 cup of water to a simmer. Add Worcestershire sauce, liquid smoke and ½ teaspoon sea salt and whisk to dissolve salt. Add mixture to Longève crumbles in a mixing bowl and stir to combine. Let sit for 5 minutes to rehydrate.
- In a separate mixing bowl, add garbanzo bean flour, 1 teaspoon sea salt, garlic powder, onion powder and coconut sugar and mix well to combine.

- Using the small holed side of a box grater, grate beetroot to make $\frac{1}{4}$ cup of very wet pulp (save remaining beet for another use). Add to the flour mixture along with the melted coconut oil, stirring well until the mixture is uniformly dark pink in color. Fold the rehydrated crumbles into the flour mixture until thoroughly incorporated. Let mixture rest in the refrigerator for 30 minutes to firm up.
- Preheat oven to 350 degrees. Form burger mixture into 6 large or 12 slider-sized patties. Place patties on an a lightly oiled rimmed sheet pan. Bake for approximately 20 minutes, carefully flipping patties halfway through cooking. Patties should be lightly browned and firm after baking.
- The patties are now ready for a final cook in a hot skillet or over a campfire or barbeque grill. Make sure to oil them lightly before their final cooking to prevent sticking. Dress to your liking, with your favorite burger toppings and condiments.
- Patties will freeze well after baking. Let them cool completely before storing in zip-lock freezer bags, and make sure to thaw in the refrigerator before finishing as above.