



The Omnivore's Burger

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

Prep Time: 15 minutes

Cook Time: 15 minutes

Tags: Flexitarian, Gluten-Free, Everyday Recipes

Here's a great way to ease into a flexitarian diet. Incorporating Longève Original Plant-Based Protein Crumbles into your burgers makes them light and juicy, while retaining the satisfying flavor and protein of an all-beef burger. We've found that a half and half mixture of Longève to ground meat (by volume, not weight) yields the best texture. Make sure to season the patties generously before cooking for a robust flavor. Have fun with your choice of toppings and condiments, as in the burger pictured with smoky BBQ sauce, caramelized onions and melted white cheddar.

Ingredients:

1.5 cups Longève Original Crumbles

¾ cup beef broth or water

1 tablespoon Worcestershire sauce

1 pound 80/20 ground beef

Salt and freshly ground black pepper to taste

Method:

- Bring beef broth or water to a simmer and add Worcestershire sauce. Pour over Longève crumbles in a mixing bowl and stir well to combine. Transfer mixture to refrigerator to rehydrate and cool.

- When crumbles are completely cool, add to the ground beef in a separate mixing bowl. Use your fingers to break up meat while distributing crumbles evenly throughout. Try not to overmix or compact the meat too much, as this will yield a dense burger.
- Form mixture into patties of desired size. Will make approximately 6 large patties or 12 slider-sized patties.
- Season with salt and pepper generously before cooking on the grill or in a ripping-hot cast-iron pan.
- Enjoy with your favorite burger toppings and condiments.