

Lentil Patties and Potatoes with *Special Sauce*

Recipe developed by Dietetic Intern Cierra Peterlin

Put a plant-based twist on your traditional burger and fries! These lentil patties with special sauce and potatoes will pack in the protein and flavor keeping you full and satisfied all shift. Swapping a plant-based protein for meat can be fun and add variety and nutrition to your meals. In this recipe, legumes are the star of the show making up the bulk of the patties and adding texture to the special sauce. If extra fiber, protein, vitamins and minerals isn't enough, eating a plant focused diet has been proven to decrease risk of chronic diseases such as heart disease, dementia, diabetes, and obesity. So, lets load up our plates with veggies for greater health and vitality!

GROCERY LIST

6 people	10 people	14 people
1, 1lb bag dried lentils	2, 1lb bags dried lentils	3, 1lb bags dried lentils
3 onions	5 onions	7 onions
1, 1lb bag carrots	1, 1lb bag carrots	2, 1lb bags carrots
1, 15oz package breadcrumbs	1, 15oz package breadcrumbs	1, 15oz package breadcrumbs
1, 12oz tube sweet relish	1, 12oz tube sweet relish	1, 12oz tube sweet relish
1, 15oz bottle soy sauce	1, 15oz bottle soy sauce	1, 15oz bottle relish
6 russet potatoes	10 russet potatoes	14 russet potatoes
1, 15.5oz can pinto beans	1, 15.5oz can pinto beans	2, 15.5oz cans pinto beans
1 package Dave's Killer Bread Burger Buns (8 buns)	2 packages Dave's Killer Bread Burger Buns (16 buns)	2 packages Dave's Killer Bread Burger Buns (16 buns)
1, 24oz bottle maple syrup (or other sweetener)	1, 24oz bottle maple syrup (or other sweetener)	1, 24oz bottle maple syrup (or other sweetener)
1, 5oz package nutritional yeast	1, 5oz package nutritional yeast	1, 5oz package nutritional yeast
1, 24oz bottle ketchup	1, 24oz bottle ketchup	1, 24oz bottle ketchup
<i>Pantry staples needed: garlic powder, cumin, paprika, salt, pepper, vinegar, olive oil</i>	<i>Pantry staples needed: garlic powder, cumin, paprika, salt, pepper, vinegar, olive oil</i>	<i>Pantry staples needed: garlic powder, cumin, paprika, salt, pepper, vinegar, olive oil</i>
<i>Optional: lettuce, tomato, pickle</i>	<i>Optional: lettuce, tomato, pickle</i>	<i>Optional: lettuce, tomato, pickle</i>
\$29 total (\$4.83 per person)	\$41 total (\$4.09 per person)	\$48 total (\$3.39 per person)



PREP MINUTES



COST PER PERSON

INGREDIENTS LIST

6 people

Lentil Patties:

3 cups dried lentils
9 cups water
3 onions, chopped
3 tsp garlic powder
3 tsp paprika
3 carrots, chopped
1 tsp pepper
1 tsp cumin
3 tbsp olive oil
2 tbsp soy sauce
1 cup breadcrumbs

Potatoes:

6 russet potatoes
3 tbsp olive oil
Salt and pepper to taste

Special Sauce:

$\frac{3}{4}$ cup pinto beans
3 tbsp ketchup
2 tbsp white or rice vinegar
2 tsp maple syrup or other sweetener
2 tsp nutritional yeast
2 tbsp sweet relish

10 people

Lentil Patties:

5 cups dried lentils
15 cups water
5 onions, chopped
5 tsp garlic powder
5 tsp paprika
5 carrots, chopped
2 tsp pepper
2 tsp cumin
5 tbsp olive oil
3.5 tbsp soy sauce
1 $\frac{2}{3}$ cups breadcrumbs

Potatoes:

10 russet potatoes
5 tbsp olive oil
Salt and pepper to taste

Special Sauce:

1 $\frac{1}{4}$ cup pinto beans
5 tbsp ketchup
3 tbsp vinegar
3 tsp sweetener
3 tsp nutritional yeast
3 tbsp sweet relish

14 people

Lentil Patties:

7 cups dried lentils
21 cups water
7 onions, chopped
7 tsp garlic powder
7 tsp paprika
7 carrots, chopped
2.5 tsp pepper
2.5 tsp cumin
7 tbsp olive oil
5 tbsp soy sauce
2 $\frac{1}{3}$ cups breadcrumbs

Potatoes:

14 russet potatoes
7 tbsp olive oil
Salt and pepper to taste

Special Sauce:

1 $\frac{3}{4}$ cups pinto beans
7 tbsp ketchup
4.5 tbsp vinegar
4.5 tsp sweetener
4.5 tsp nutritional yeast
4.5 tbsp sweet relish

Nutrition: 2 regular patties or 1 large patty on a bun with 2 halves potato and $\frac{1}{4}$ cup *special sauce*, 889 calories, 154g carbohydrate, 18g fat, 36g protein, 22g fiber

DIRECTIONS

1. Preheat oven to 450 degrees F
2. Add water and lentils to a large pot
3. Bring to a boil and let cook for 20-25 minutes
4. Wash and cut potatoes in half
5. Place in microwave safe bowl and microwave for 8-10 minutes
6. Once microwaved, transfer potatoes to a greased baking sheet, cut side down, coat with 3 tbsp of olive oil and sprinkle with salt and pepper
7. Place tray in preheated oven and cook for 15-20 minutes
8. Finely chop onions and carrots
9. Sauté onions and carrots in in 3 tbsp olive oil and all spices for 5-8 minutes, until tender
10. Add sauteed vegetables and cooked lentils (may be excess water after cooking lentils, drain water first) to a large bowl and mash/combine using a potato masher or mixer (can also use blender in batches).
11. Add in breadcrumbs and mix until combined.
12. Form into 12 regular or 6 large patties and set aside
13. Add all sauce ingredients to a blender and blend until smooth. Set sauce aside.
14. Coat a large pan in olive oil and heat to medium heat.
15. Cook patties for 2-3 minutes each side, until browning begins
16. Serve with 2 halves potatoes, 1 lentil patty on a bun, and $\frac{1}{4}$ cup special sauce on potatoes and/or patty

BEANS, PEAS, LENTILS AND LONGEVITY

Lentils are grouped with beans and peas in the legume family. Packed with fiber and protein, legumes have been touted as the #1 food to increase longevity! Author of the book "The Blue Zones," Dan Buettner, found that the longest living people eat about 1 cup of legumes per day. Lentils are packed with vitamins and minerals such as potassium, folate, and iron which promote heart health, help control blood pressure, blood sugar, and lower cholesterol. Eating a plant-focused meal that contains beans, peas, or legumes can boost your nutrition as well as help you live longer!