



## TBQ Vegetarian Burgers

### Ingredients

- 1 cup pot barley, cooked (save liquid)
- 1 cup lentils, cooked (save liquid)
- 1 cup chick peas, cooked or canned (save liquid)
- 1 cup eggplant, sliced
- 1 cup portobello mushrooms, chopped
- 12 cloves garlic, crushed
- 1 small beet, cooked, peeled and chopped
- 3 tbsp TBQ Zesty Sauce or TBQ Honey Sauce
- 3 tbsp soya sauce
- 1 tsp TBQ Steak and Chop
- 1 tbsp TBQ All Purpose Seasoning



### Directions

1. Season eggplant slices with TBQ All Purpose Seasoning, let them rest for 25 minutes. Rinse off with water and pat dry with paper towel. Chop slices into quarters.
2. Put all ingredients into a food processor and use pulse to blend to a chunky texture. If moisture is needed, use the liquid saved from cooking barley, lentils or chick peas. When mixture gets to a firm consistency, form into burger patties.
3. Lightly oil the outside of the burgers before cooking. Grill on BBQ or fry in a skillet until hot all the way through.
4. Serve on buns with TBQ Zesty Sauce or TBQ Honey Sauce and fresh toppings.