



Wolf Pine Farm

Community Supported Agriculture

Winter Beet Burgers

These burgers are great at any time of year, but especially in winter when the first three ingredients are frequent items in our winter shares. Store your own jalapeños in the freezer from summer shares and use bread from Maine-grown grains for your bread crumbs, and you'll have a very locally-sourced meal. Top with some greenhouse greens or serve with a side-salad or some home-fries and you've got a meal. Enjoy!

Ingredients:

¾ lb. beets	1 tablespoon olive oil
1 cup diced onion	1 cup cooked brown rice
1 tablespoon minced garlic	2 tablespoons ketchup (optional)
1 jalapeño cored, seeded, and chopped (optional)	1 ¾ cups bread crumbs
½ teaspoon of salt (more or less to taste)	

Instructions:

Don't peel the beets, just boil or roast them whole. If you are going to roast them use a covered pan with a little water in the bottom. When they can easily be pierced with a fork the skins will just slide off. It is easier if you let them cool first.

Heat the oil in a skillet and add the onion and garlic. Cook until the onion is wilted.

Dice the beets and place with onion mixture, rice and ketchup in a food processor and pulse on and off several times until thoroughly blended. Transfer to a large bowl and mix in the bread crumbs. Season to taste with salt.

Form into patties, mixing in extra breadcrumbs if the patties don't hold their shape. A little water can also be added if they are too dry.

Cook in a frying pan, or broil 3 to 5 inches from the heat. Flip the burgers after about 5 minutes. If you want to cook them on a grill use a veggie grid so the burgers won't break apart and fall into the fire.

Serve on whatever bread you like and be creative with condiments! We think honey mustard is a good choice with a few leaves of spinach or salad from the greenhouse.

This recipe was loosely based on the Beet and Mushroom Burger recipe from *Vegetarian Burgers* by Bharti Kirchner.