



Makes 4 burgers
Preparation Time: 15 minutes

INGREDIENTS:

¼ cup sun-dried tomatoes (not oil-packed)

2 8-oz. pouches cooked black lentils or one 15-oz. can no-salt-added black lentils (1½ cups)

1 cup coarsely shredded carrots

½ cup dry whole wheat bread crumbs (see tip, recipe intro)

¼ cup chopped walnuts, toasted if desired

¼ cup thinly sliced scallions

2 tablespoons chia seeds

1 tablespoon reduced-sodium coconut aminos

2 teaspoons smoked paprika

3 cloves garlic, minced

½ teaspoon freshly ground black pepper

⅓ teaspoon sea salt

6 teaspoons Dijon mustard

4 whole wheat hamburger buns, toasted if desired

4 lettuce leaves

4 slices tomato

4 tablespoons no-sugar-added ketchup

15-Minute Lentil Burgers (No Cooking Required!)

Made with pre-cooked black lentils, sweet shredded carrots, earthy walnuts, and umami-rich sun-dried tomatoes, these **15-minute**, no-cook vegan burgers prove you don't need heat to bring the flavor. The combination of un-rinsed cooked lentils and chia seeds creates just the right stickiness to help the mixture hold together beautifully. Served on toasted buns, rolled into a wrap, or tucked into a pita pocket, these scrumptious patties are perfect for a hot day or whenever you crave a wholesome **no-cook meal** that doesn't compromise on flavor or satisfaction.

Tips

Make your own bread crumbs: Let 3 oz. whole wheat bread sit out at least 12 hours. Break bread into smaller pieces. Place in a food processor and process until a crumb mixture forms.

Gluten-free version: Use gluten-free bread crumbs and skip the whole wheat bun. Serve on a gluten-free bun or lettuce wraps instead.

For more inspiration, check out these tasty ideas:

- [Grilled Mushroom Burgers with Tarragon Crema](#)
- [Pineapple Teriyaki Burgers](#)
- [Sneaky Chickpea Burgers](#)
- [Five-Ingredient Veggie Burger](#)

By Laura Marzen, RD, LD

- 1 In a small bowl soak sun-dried tomatoes in enough very hot water to cover 10 minutes; drain. Chop tomatoes. If using canned lentils, drain lentils.
- 2 In a food processor combine chopped sun-dried tomatoes, lentils, and the next 10 ingredients (through salt). Add 2 teaspoons of the mustard. Cover and pulse until mixture is well combined and starting to hold together but still slightly chunky. If necessary, add water, 1 tablespoon at a time, and pulse until mixture holds together.
- 3 Shape lentil mixture into four ¾-inch-thick patties. Serve patties room temperature in buns with lettuce, tomato, ketchup, and the remaining 4 teaspoons mustard. If you prefer to warm the patties, place them in a nonstick skillet over medium heat and cook for 2 to 3 minutes on each side.