



Barley Lentil Burgers

Ingredients:

- 1 small yellow onion, diced
- 1 garlic clove, minced
- 2 tablespoons tomato paste
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- 1 package Nature's Earthly Choice™ Microwavable Barley & Lentils
- ½ cup seasoned breadcrumbs
- 2 large eggs
- Olive oil

Directions:

1. In a saucepan over medium heat, warm the olive oil. Cook the onions for 5 to 7 minutes or until tender. Add the garlic, tomato paste, and spices. Cook for 1 minute, mixing frequently to coat the onions.
2. In a food processor, combine the cooked onions, barley and lentils, breadcrumbs, and eggs. Pulse until combined, scraping down the sides as necessary.
3. Divide the mixture into 4 equal-sized patties. Fry each side until crispy, about 2 to 3 minutes. Serve in a bun or with a salad.