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Dr. Gundry's Vegan Burger That "Bleeds"

By [Gundry MD Team](#) | Aug 14, 2017 | 1 Comments



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Now, you have likely heard about these [new vegan burgers that bleed “blood.”](#) Sounds good, doesn't it? Sure ... until you read the list of ingredients. Problem is, the ingredients read like a who's who of lectins –

- Protein Isolate from peas
- Canola Oil
- Yeast Extract
- Maltodextrin (from corn starch)
- [Cellulose](#) From Bamboo
- Sunflower Oil
- Vegetable Glycerin

... and those are just a few of the [lectin-rich ingredients](#). So, to the average “bloody” veggie burger, you're better off saying “No thank you.”

But if you're a big fan of veggie burgers, and you want it to “bleed,” never fear. There's a perfect Gundry-approved solution.

To start, pick out a large beet – about the size of a baseball. And, you can use any kind of mushroom, but portabella or cremini have the meatiest textures. Yummy!

And to make your veggie burger “protein style” – wrap it in a giant lettuce leaf. The leafy green wrap stands in for the bun!

Now you've got a meaty, red-tinted burger ... minus the meat. It looks like the real thing and tastes even better!

And for those die-hard carnivores, that just cant give up meat entirely, theres a meat version just for you.





NUTTY, JUICY SHROOM BURGERS, PROTEIN STYLE (SERVES 4)

Prep time: 25 minutes

Cook time: 10 minutes

What you'll need:

- 2 cups walnuts, halves and pieces
- 2 cups chopped mushrooms
- 1 cup chopped red beet
- 2 cloves garlic, peeled, or ¼ teaspoon garlic powder
- ½ cup chopped red onion, or 2 tablespoons dried minced onions
- 1 teaspoon paprika, preferably Hungarian
- 1 tablespoon dried parsley
- Sea salt, preferably iodized
- Cracked [black pepper](#)
- ½ cup finely chopped fresh basil or sage
- 2 tablespoons cassava or tapioca flour
- 3 tablespoons extra-virgin olive oil or avocado oil for frying, plus additional to shape the patties
- 8 romaine leaves or butter lettuce leaves
- Avocado mayonnaise (optional)
- 1 Hass avocado, peeled, pit removed, and sliced

What To Do:

1. Put the walnuts, mushrooms, beet, garlic, 1/2 cup onions, paprika, dried parsley, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a food processor fitted with an S-blade. Pulse and blend until blended, but still chunky.

2. Transfer this mixture to a mixing bowl, and stir in the basil, the remaining ¼ cup onion, and the cassava or tapioca flour.

3. Then, grease your hands with olive oil and knead the mixture to fully combine all of the ingredients.

4. On a sheet of wax paper, form into four patties, each about 4 inches in diameter and 1 inch thick. Use a coffee mug or lowball glass to shape the patties, if you wish.

5. Finally, heat a large skillet over medium-high heat. Pour in 3 tablespoons of olive or avocado oil. Add the patties, and cook 4 to 5 minutes per side, until nicely browned.

6. To serve, place each patty on a lettuce leaf. Add a dollop of avocado mayo, if desired, and salt and pepper to taste. You can also top with slices of avocado, and cover with a second lettuce leaf. Voila!



FOR THE MEAT VERSION: Add a 1/2 pound of grass-fed, pasture-raised ground beef (or pastured-raised bison or ground turkey) to the mixing bowl before forming your patties.

SO DELICIOUS!

Want help stocking your pantry with Gundry-approved foods? Visit the online grocery shop for Dr. G's personally curated products for the lectin-free lifestyle. Click the image to shop now:





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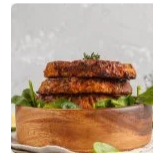
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1 Comment



Deborah Milliron on 04/03/2021 at 7:38 am

These burgers are fabulous, I made them for myself and Husband who truly dislikes mushrooms, he never knew they were in the burger.. Thank You Dr. g for this recipe, I make a whole bunch and then freeze them..



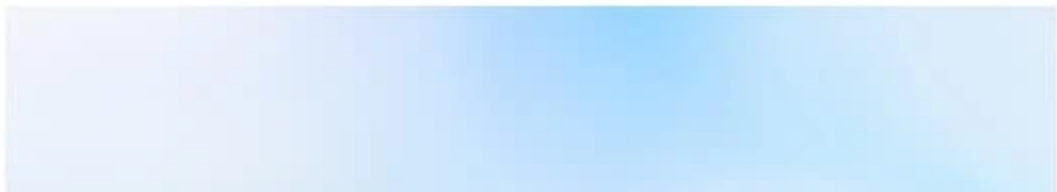
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