

*From the kitchen of David and Jennifer Deaven*

2. Remove ends and thick skin from (B), then grate finely
  1. Pressure cook (A) for 20 minutes. Drain and mash into a paste, place in a mixing bowl.
- E: 2t oil  
1t Worcester sauce
- D: 1T miso  
1/2t Aleppo pepper  
1/2t cayenne pepper  
1/4t cinnamon  
1/2t thyme  
1t rosemary  
1t salt  
4c garlic  
1/4C flax-seed meal  
1/2C oats
- C: 1C walnuts
- B: 2 beets
- A: 1/2C white beans (dry)



## Vegetarian/Beet Burgers

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- into the mixing bowl.
3. Process (C) into fine meal, add to bowl.
  4. Add (D) to bowl, mix together and form into 4 patties. Optionally, can press sliced jalapeno peppers, onions, or other amendments into the patties.
  5. Place in preheated air fryer, drizzle half of (E) over top. Set fryer for 370F and 30 minutes with break at 15 minutes. At break, flip and drizzle remainder of (E), then continue cooking.
- Servings: 4

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