

Vegan Hamburger Patties: High-Protein Plant-Based Burgers

Plant-Based Patties With a Rich, Meaty Flavor

If you're looking for a vegan burger that satisfies like a traditional hamburger, these homemade vegan patties are packed with savory flavor, hearty texture, and plenty of protein. Mushrooms, lentils, and seasonings work together to create a satisfying burger that even meat lovers may enjoy.

While no vegan burger is truly identical to beef, this recipe delivers a rich, juicy texture and umami flavor that makes it a great plant-based alternative.

Why You'll Love These Patties

- High in plant-based protein and fiber
- Rich, savory flavor
- Great for burgers, wraps, salads, and meal prep
- Budget-friendly ingredients
- Free from cholesterol
- Easy to freeze and reheat

Ingredients

- 1 cup cooked lentils (brown or black lentils work best)
- 1 cup finely chopped mushrooms
- $\frac{1}{2}$ cup cooked brown rice
- $\frac{1}{2}$ cup finely diced onion
- 2 cloves garlic, minced

- 1 tablespoon tomato paste
- 2 tablespoons soy sauce or tamari
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon olive oil
- $\frac{1}{2}$ cup breadcrumbs
- 1 tablespoon ground flaxseed
- 3 tablespoons water
- $\frac{1}{2}$ teaspoon liquid smoke (optional)

Instructions

Step 1: Make the Flax Egg

In a small bowl, combine:

- 1 tablespoon ground flaxseed
- 3 tablespoons water

Let sit for 5–10 minutes until thickened.

Step 2: Cook the Vegetables

Heat olive oil in a skillet over medium heat.

Add:

- Onion
- Mushrooms

Cook for 5–7 minutes until soft and most moisture has evaporated.

Add garlic and cook for 30 seconds.

Remove from heat and allow to cool slightly.

Step 3: Blend the Mixture

Add to a food processor:

- Cooked lentils
- Brown rice
- Cooked mushroom mixture
- Tomato paste
- Soy sauce
- Smoked paprika
- Onion powder
- Garlic powder
- Black pepper
- Salt
- Liquid smoke (if using)

Pulse until combined.

Do not over-process. The mixture should remain slightly chunky for the best burger texture.

Step 4: Form the Patties

Transfer mixture to a bowl.

Stir in:

- Flax egg
- Breadcrumbs

Mix well.

Divide into 4 equal portions and shape into patties.

Place in the refrigerator for 20–30 minutes to firm up.

Step 5: Cook

Skillet Method

Heat a lightly oiled skillet over medium-high heat.

Cook patties for 4–5 minutes per side until browned and firm.

Oven Method

Bake at 400°F (200°C) for 20–25 minutes, flipping halfway through.

Air Fryer Method

Cook at 375°F (190°C) for 12–15 minutes, flipping halfway through.

Women's Health Benefits

Fiber-Rich

Lentils provide fiber that supports digestive health and helps keep you feeling full.

Plant-Based Protein

Protein helps support muscle maintenance, energy levels, and satiety.

Iron Support

Lentils provide iron, an important nutrient for women.

Heart-Friendly

These patties are naturally cholesterol-free and lower in saturated fat than traditional beef burgers.

Nutrition Facts

Per Patty (Approximate)

- Calories: 210
- Protein: 11g

- Carbohydrates: 24g
- Fiber: 7g
- Fat: 7g
- Saturated Fat: 1g
- Sugar: 2g
- Sodium: 320mg
- Iron: 15% DV
- Calcium: 4% DV

Nutrition values will vary based on ingredients used.

Serving Ideas

Serve on a whole-grain bun with:

- Lettuce
- Tomato
- Onion
- Pickles
- Avocado

Or enjoy over a salad or grain bowl for a nutrient-packed meal.