



Wolf Pine Farm

Community Supported Agriculture

Beet Burgers

Notes

Adapted from “America’s Small Farms” cookbook

Ingredients

3/4 lb. beets, peeled and grated	1 medium onion, grated
1/2 lb. carrots, peeled and grated	1/4 cup oil
1 cup cooked brown rice	3 T flour
1 cup grated cheddar	3 T chopped parsley
a cup toasted sunflower seeds	4 cloves garlic, finely chopped
2 lg. Eggs	2 T soy sauce
1/2 cup toasted sesame seeds	cayenne to taste

Instructions

1. Preheat oven to 350
2. Generously grease a rimmed baking sheet
3. Combine all ingredients and form into patties
4. Bake 25-30 minutes or until firm