



DINNER TONIGHT

Half-Veggie Burgers



FUN

Pick a word. Everyone sings as many song lyrics as they can think of that use that word.



CONVERSATION

How would your day change if you didn't have internet?





Half-Veggie Burgers

INGREDIENTS

Serves 8

- 3 cups cooked lentils or beans
- 1 cup finely chopped bell pepper or other vegetable
- 1 pound ground beef
- 1 egg (optional)
- Salt and pepper, to taste
- 8 buns

INSTRUCTIONS

1. Roughly mash the lentils with the back of a large spoon.
2. Mix the lentils, bell pepper, and ground beef in a large bowl. Season with salt and pepper and form into 8 patties.
3. Place a large skillet over medium-high heat and add the patties. Cook until they're dark brown, about 5 minutes, then flip them and cook for another 5 minutes.
4. Serve on toasted buns with your favorite condiments and fresh vegetables.

Leanne Brown provided this recipe for cheaper, healthier burgers, from her cookbook *Good and Cheap*.

She notes that you can substitute almost any vegetable for the bell pepper in these burgers.

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