

Veggie Burgers

Glorious Gourmet PCS, Gloria Luzzatto

Adapted from Minimalist Bakers Website Recipe

Servings: 5



Found this easy and delicious veggie burger recipe on the Minimalist Baker's website. It is the best flavored veggie burger I have tasted and holds up to grilling

1 cup cooked brown rice
1 cup walnuts
1/2 tablespoon grapeseed oil, or avocado oil
1/2 medium onion, finely diced
1 tablespoon chili powder
1 tablespoon ground cumin
1 tablespoon smoked paprika
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
1 tablespoon brown sugar
15 1/2 ounces black beans, canned, rinsed, drained and patted dry
1/3 cup panko
3 tablespoons barbecue sauce, make your own or use favorite bottled BBQ sauce

Serving Ideas: Serve in a toasted bun with your favorite toppings or without a bun and some of your favorite BBQ Sauce.

Preparation Time: 35 minutes

Start to Finish Time: 45 minutes

EQUIPMENT: cutting board, knife, medium saucepan with lid, large bowls, spoon, measuring cups and spoons, colander, food processor, medium saute pan, fork, plastic wrap, baking sheet, metal spatula

Recipe makes 5 Patties (1/2 Cup size)

Cook your brown rice: Rinse and drain the brown rice before cooking and follow package directions to achieve 1 cup cooked rice.

Heat the saute pan over medium heat and then add the walnuts. Toast for 5-7 minutes, stirring frequently until golden brown. Transfer the walnuts to a bowl to cool.

In the same saute pan over medium heat, add the oil and diced onions. Saute for 3-4 minutes until onions are soft and translucent. Remove from the heat and set aside.

Add the walnuts to the food processor with the chili powder, cumin, smoked paprika, salt and pepper, and brown sugar. Blend until a fine meal texture is achieved. Set aside.

In a large bowl, add the rinsed, drained and dried black beans and mash them well using a fork (leaving only a few whole beans).

To the beans, add the cooked rice, spice walnut mixture, sauteed onions, panko bread crumbs, BBQ sauce and mix thoroughly with a spoon until a moldable dough forms. Taste and add more salt or pepper as needed. **NOTE:** If the mixture is not coming together, add 1 - 2 T more BBQ sauce; if mixture is too wet, add 1 T more Panko.

TO FORM PATTIES: Line a 1/2 cup measuring cup with plastic wrap; pack the cup with some of the burger mixture. Press down to pack down the burger mixture. Lift out the plastic with the burger, remove the burger from plastic wrap and flatten it with your hands to form a 3/4" thick patty. Set it on a baking sheet. Continue to form the remaining burger mixture into patties in the same fashion.

If grilling, heat the grill and brush or lightly rub the patties with oil and grill for 3-4 minutes, or until well browned on one side, then gently flip over. Cook 3-4 on the other side. They are not as firm as a meat burger, but will hold their shape.

Leftovers keep in the refrigerator for 2-3 days.