

Black Bean Veggie Burger



Ingredients:

- 1 cup Black Beans, drained, puree half and leave the other half whole
- 1 cup Whole Button Mushrooms, fresh
- ½ cup Shallots, quartered
- ½ cup Walnuts, Whole Pieces, toasted golden brown, then coarsely chopped
- 3 Tbsp Tomato Paste, roasted and caramelized
- ¼ cup Uncooked Red or Green Lentils, cook until soft, cool
- 1 Tbsp Extra Virgin Olive Oil (to roast mushrooms, shallots, and peppers)
- 1 tsp Harvest Veg Powder, use as a powder
- 1 Tbsp Balsamic Vinegar Glaze
- ⅓ cup Panko Bread Crumbs, toasted golden brown
- ½ cup Liquid Egg Whites
- ⅓ cup Oat Flour (dry, uncooked oatmeal, pulsed in blender to a coarse flour)
- ¼ cup Cooked Brown Rice, cooled
- 1 tsp Kitchen Bouquet
- Dash Sea Salt, fine
- Dash Ground White Pepper
- 1 tsp Paprika
- ½ cup Red and Yellow Peppers, small diced
- 1 Tbsp Italian Flat Leaf Parsley, chopped
- ¼ cup Uncooked Bulgur Wheat
- 8 Wheat rolls

Prepare:

Roast vegetables (see below). Drain black beans and puree half and keep other half whole. Caramelize tomato paste. Cook and cool lentils. Toast walnuts well and rough chop in food processor. Make oat flour. Cook and cool bulgur wheat. Chop Italian flatleaf parsley.

Directions:

Toss the mushrooms and shallots in olive oil and place on sheet tray. Roast at 400 degrees until caramelized. Cool. Add to food processor and rough chop. Roast and cool peppers. Add all ingredients in a large bowl and combine with mixer for 20 seconds, until ingredients are combined. Portion into 4 oz. scoops onto sheet tray spritzed with olive oil. Spray tops of burgers and pat down to a patty shape. Bake to 165 degrees internal temperature in pan or cook on griddle. Serve portion on a wheat roll.

Servings: 8 Burgers

Nutrition Facts

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| Serving Size: 1 Sandwich (218g) | |
| Amount Per Serving | |
| Calories 300 | Cal. from Fat 80 |
| % Daily Value* | |
| Total Fat 9g | 15% |
| Saturated Fat 5g | 4% |
| Trans Fats 0g | |
| Cholesterol 0mg | 0% |
| Sodium 410mg | 15% |
| Total Carbohydrate 42g | 15% |
| Dietary Fiber 10g | 40% |
| Sugars 7g | |
| Protein 12g | |
| Vitamin A 20% | Vitamin C 30% |
| Calcium 4% | Iron 8% |
| <small>*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> | |

