

Veggie Burgers

6 - 1 cup servings

Ingredients

- 2, 15 oz. cans of black beans
- ½ cup of green pepper, diced small
- ½ cup of precooked Baby Bella mushrooms, diced small (about 10 small mushrooms)
- 1 Tbs. of olive oil
- ½ cup of breadcrumbs (unseasoned)
- 1 tsp. of garlic powder
- 1 tsp. paprika
- 1 tsp. of chili powder
- 1 tsp. of ketchup
- 2 eggs OR 2 flax eggs (recipe below)

Optional: Whole grain burger buns, shredded cheese or plant-based cheese

Directions

- 1 Drain and rinse black beans from cans and add to a medium size bowl.
- 2 Mash black beans with fork or a handheld masher until the beans are mostly flat.
- 3 Add cooked mushrooms, olive oil, garlic powder, paprika, chili powder, ketchup, breadcrumbs, eggs OR flax eggs to the bowl and mix well.
- 4 Use large spoon or hand to scoop mixture out and place in palm of hands.
- 5 Use hands to shape the mixture into large balls then flatten between two palms and place on plate.
- 6 Once patties are formed, heat a frying pan on low heat with 1 Tbs. of olive oil.
- 7 Cook veggie patties on low to medium heat for 4 minutes per side.
- 8 Enjoy as a patty on top of greens or between two whole grain burger buns or bread with desired toppings.



Flax Egg Recipe

Ingredients

- 1 tbsp of dried flax seed
- 3 tbsp of water

Directions

- 1 Mix dried flax seed and water to make 1 egg substitute.
- 2 Set aside for 3-5 minutes until the mixture thickens then add to recipes as needed.

