

Bean Burger



Ingredients

1 tbsp olive oil
1 c onion, finely chopped
½ c carrots, finely chopped*
½ c mushrooms, finely chopped
½ c jalapeno, finely chopped
2 tbsp minced garlic
1 ½ tsp dried basil
1 tsp dried oregano
1/8 tsp dried sage
1/8 tsp dried thyme
30 oz canned cranberry beans
Drained and rinsed, mashed
3 tbsp soy sauce & ketchup
2 tbsp Dijon mustard
1 ½ c rolled oats
½ tsp salt ¼ tsp pepper
Burger buns

Directions

Makes 8 burgers or 16 sliders.
Heat oil in large skillet over medium heat, sauté onion one minute, add carrots, mushrooms & jalapeno, sauté 3 minutes, add garlic and herbs. To the mashed beans add soy sauce, ketchup, Dijon, salt and pepper. Fold in vegetable mixture, stir in oats. Portion into 8 equal patties, chill in refrigerator ½ hour.
Heat a lightly greased nonstick skillet over medium heat. Cook burgers until browned, about 3-5 minute per side.

*any chopped vegetables may be substituted.

Nutritional Information

Calories per serving 460
Total Fat 4g
Saturated Fat 1g
Cholesterol 0
Sodium 863mg
Total Carbohydrates 80g
Dietary Fiber 29g
Protein 28g

Servings8