

Veggie Burger

Ingredients:

2 (6-ounce packages) button or baby bella mushrooms, roughly chopped
2 ½ tablespoons olive oil (divided)
kosher salt
freshly ground black pepper
1 (15.5-ounce) can black beans, rinsed and drained
1 to 1½ cups fresh breadcrumbs (whole wheat), toasted, set aside
¼ cup grated low fat cheddar cheese (Cabot 50% light)
2 tablespoons chopped fresh cilantro
2 garlic cloves minced
¾ cup minced onions
1 tablespoon parsley
1 egg
salt and pepper to taste

Instructions:

- 1. Wipe any left over dirt off of mushrooms with a damp cloth. Put mushrooms in a food processor, and pulse until finely chopped.**
- 2. Add olive oil in a large skillet over medium-high heat. Add mushrooms, add pinch of salt and pepper.**
- 3. Cook for about 10 minutes, stirring occasionally. Remove and add to non-reactive bowl and reserve.**
- 4. Add onions to pan with ½ teaspoon of olive oil and sweat onion until translucent, add garlic and cook another 3 minutes stirring to avoid burning.**
- 5. Meanwhile, place drained and rinsed black beans in a food processor, and pulse until finely chopped, but not pureed.**
- 6. Place chopped beans in a large bowl, with mushrooms and add toasted breadcrumbs starting with ¾ cup and adding more as necessary to find desired consistency, cheese, onions, garlic cilantro, parsley, egg, & little salt and pepper.**
- 7. Gently shape mushroom mixture into five patties.**
- 8. Coat a non stick skillet with nonstick spray, and place over medium heat. Cook patties about 5 minutes per side, or until golden brown.**