

Quick Veggie Burgers

Serves: 4

Preparation: 20 minutes

Ingredients:

- 1 1/2 cups beans (any kind) cooked
- 1/2 cup cooked brown rice
- 1/2 cup rolled oats
- 1/2 cup shittake mushroom, finely chopped
- 1/4 cup onion, finely chopped
- 1 carrot, shredded
- 1/2 cup red bell pepper, chopped
- 2 cloves garlic, minced
- 2 tablespoons tomato paste, sauce, or ketchup
- 1/2 teaspoon salt
- pepper, to taste
- Optional: Garnish with avocado and serve over a large leaf of romaine lettuce.

Instructions:

Place all ingredients in food processor (or blender) and blend until coarsely chopped. Chill mixture for at least 30 minutes. Shape into four 1/2-inch thick patties. Place patties on oiled or parchment paper-lined baking pan. Preheat oven to 475 degrees fahrenheit and bake patties on top rack for 10 to 15 minutes.