



Jean's Exceptional Veggie Burgers

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INGREDIENTS:

3/4 cups cooked brown rice
3/4 cups pearl barley or quinoa cooked
1 14 ounce can of black beans, drained and rinsed
1 pound mushrooms, any assortment you prefer...I like a combination of Shiitake and white mushrooms, stems removed and chopped
2 tablespoons of olive oil
1 medium sized onion, diced
5 garlic cloves minced
2/3 cup chopped unsalted cashews or if you prefer walnuts
1 1/2 tablespoons old fashioned oats - not cooked
1/3 cup Primal Kitchen Real Mayonnaise made with Avocado oil
1 large egg yolk
1 teaspoon chili powder
1 teaspoon honey
1 teaspoon paprika
2/3 cup freshly grated sharp cheddar cheese
1/2 teaspoon salt
1/2 teaspoon pepper
6 hamburger buns for serving
Cooking oil such as canola or coconut oil.
lettuce, tomato and or whatever you prefer on our burger

DIRECTIONS:

Preheat the oven to 350 degrees.

Line a large baking sheet with aluminum foil and spray with non stick spray.

Spread the black beans & mushrooms on the baking sheet. Sprinkle with salt and pepper.

Roast the beans and mushrooms for about 10 - 12 minutes, until the beans split open and the mushroom cook down.

While the beans and mushrooms bake, heat a skillet over medium heat.

Add the olive oil and saute the diced onions, minced garlic until softened, about 5 minutes.

Remove from heat.

Pulse the cashews (or walnuts) and oats in the food processor until they are finely chopped.

Place nuts and oats in small bowl, keeping food processor out for more use in a couple of minutes.

In a large bowl, stir together the mayo, egg yolk, chili powder, honey and paprika.

Stir in the sautéed onion mixture, cooked rice, barley and the beans/mushroom mixture.

Add in the nuts and oats.

Use a potato masher to smash the mixture together until it is somewhat combined.

Take 1/3 of the mixture and place it into the food processor.

Pulse it a few times until it is finely chopped and combined, then transfer it back to the large bowl.

Finish the remaining mixture.

Stir in the cheddar cheese, salt and pepper.

Mix everything together until combined, it will be sticky. I like to use my hands...if you can use gloves, all the better.

Form the mixture into burger patties, and place on a plate lined with parchment paper and keep in refrigerator until ready to cook.

When ready to cook place on nonstick skillet and add cooking oil such as coconut, grape seed or canola.

Once the oil is hot, add the patties and cook them for 5 minutes on each side.

Be gentle with flipping, as they might break apart.

Serve on bun with your favorite accompaniments, such as lettuce, tomato, onion, etc.

* Note - These burger can not be placed on a grill as they will fall apart, you may however place a cast iron skillet on the grill and cook them outdoors in that way.

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