

Jeff Novick Bean Burgers

Ingredients

- 2 cans Kidney Beans, Low Sodium (15oz)
- 1 cup Rolled Oats
- 1 cup Brown Rice (cooked)
- 1/4 cup Tomato Sauce (or ketchup, salsa, something “tomato-y”)
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Mrs Dash Seasoning (If you don’t have this, approx. ¼- ½ tsp salt)



Instructions

1. Rinse and drain the beans thoroughly and then place them in a large bowl.
2. Mash them well until you almost got refried beans. It’s ok to leave some chunks in.
3. Add the oatmeal, rice, sauce, and spices.
4. Make sure your hands are clean and dig in – mix and squeeze. *Just like mom used to make her meatloaf.*
5. Once mixed well – form and shape into patties (makes 5-6 larger ones or 8-9 smaller)
6. **Important!** Place the burgers on a plate in the fridge and forget about them for at least 20 minutes. This allows them to set up and get firm.
7. Grill both sides (or grill pan works well!) 5-8 min or so per side. (Remember the longer you grill them the harder and drier they become. *We don't want any hockey pucks!*)

Recipe Notes

I like my burgers on a grill but they can also be baked or pan seared in a non-stick pan. You can baste with either a BBQ or Teriyaki Sauce for extra flavor (but careful with the sodium!) Be careful turning as these to have the tendency to break apart. Remember there’s not all that fat and gristle to hold them together. Try another bean if you like, e.g. black beans. Texture may be a little different but flavor great! Now all that’s left is to dress them up with lots of veggies and the condiments of your choice.

Serves: 5-6



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