

Epic Bean Burgers

Cooking Instructions

1. Sauté mushrooms and shredded beets with soy sauce until most of the moisture has cooked out. Mixture will be roughly half the original volume, takes roughly 10 minutes.
2. While mushrooms and beets are cooking, drain and rinse the beans. Add to a large bowl and use hands or potato masher to smash until almost all beans are broken up. Some chickpeas might still be whole but this is okay.
3. Mushrooms and beets should be done cooking, add them to the bean mixture along with all ingredients except the rolled oats. Mix well.
4. Add rolled oats ¼ cup at a time while mixing until desired consistency is achieved. Mixture should form into a burger patty without crumbling.
5. Grill them up just like a normal burger with your favorite cheese and other toppings. Enjoy with a bun or in a romaine lettuce wrap for a healthier twist.

Recipe

- 1 cup mushrooms, chopped
- 1 medium to large beet, shredded
- 2 Tbsp soy sauce
- 1 15oz can lentils, drained and rinsed
- 1 15oz can black beans, drained and rinsed
- 1 15oz can chickpeas, drained and rinsed
- ¼ cup parsley, minced
- 3 Tbsp nutritional yeast
- 1 Tbsp corn starch
- salt/pepper, to taste
- 1 Tbsp chili powder
- ¼-1 cup rolled oats

Grocery List (add optional toppings to list as desired)

Produce

- 1 package mushrooms
- 1 medium to large beet
- 1 bunch of parsley

Canned Goods/Grocery

- soy sauce
- 1 15oz can lentils
- 1 15oz can black beans
- 1 15oz can chickpeas
- corn starch
- rolled oats

Spices

- salt
- pepper
- nutritional yeast (might be in health foods section of store)
- chili powder

