

Veggie Burger-Oh She Glows

Recipe from: <http://ohsheglows.com/2011/07/13/our-perfect-veggie-burger/#ixzz3o5vjTsvj>

Yields: 8 burgers

INGREDIENTS:

- 1/2 cup onion, diced
 - 1 large garlic clove, minced
 - Flax eggs: 2.5 tbsp ground flax + 1/2 cup warm water, mixed in bowl
 - 1 cup oats, processed into flour* (other flours might work)
 - 1.5 cups bread crumbs (I processed 3 pieces of Ezekiel bread until fine crumb)*
 - 1 cup grated carrots
 - 1 cup cooked black beans, rinsed and roughly pureed or mashed
 - Heaping 1/4 cup finely chopped parsley (or fresh herb of choice)
 - 1/3 cup almonds, chopped (toasted if preferred)
 - 1/2 cup sunflower seeds, (toasted if preferred)
 - 1 tbsp. Extra Virgin Olive Oil
 - 1 tbsp Tamari (soy sauce)
 - 1.5 tsp chili powder
 - 1 tsp. cumin
 - 1 tsp. oregano
- Fine grain sea salt and black pepper, to taste (I used about 1/2 tsp salt or a bit more)



INSTRUCTIONS

1. Preheat oven to 350F (if baking). In a large skillet, sauté onions and garlic in 1/2 tbsp oil. Mix your flax egg together in a small bowl and set aside for at least 10 mins while you prepare the rest of the ingredients.
2. Place all ingredients (except spices and salt) into a large mixing bowl and stir very well. Now, add seasonings and salt to taste.
3. With slightly wet hands, shape dough into patties. Pack dough tightly as this will help it stick together. I made 8 medium patties.
4. Cooking methods: You can fry the burgers in a bit of oil on a skillet over medium heat for about 5 minutes on each side. If baking in the oven, bake for 25-30 mins (15-17 minutes on each side) at 350F, until golden and crisp. For the BBQ, pre-bake the burgers for about 15 minutes in oven before placing on a pre-heated grill until golden and crisp on each side. Our preferred method of cooking was frying in the skillet!!

GF Note: To make these burgers gluten-free, use certified GF oats, GF Tamari, and gluten-free breadcrumbs.

These burgers take a good 30 minutes of prep work, but the extra effort really paid off. You could also double this batch and freeze the leftovers for quick weeknight meals!