

Very Veggie Burgers



Veggie burgers are a great way to increase your recommended daily vegetables. With sweet chili sauce, mushrooms and black beans this burger is sure to satisfy.

Timing

Prep time
30 mins

Total time
40 mins

Skill level
Easy

What You'll Need

- 1 Tbsp. unsalted butter

- > 1 cup (plus ½ cup) onions, sliced, divided
- > 2 cups mushrooms, sliced
- > 1 can (16 oz.) black beans, drained, rinsed
- > ½ cup Red Sun Farms sweet red bell peppers, seeded
- > 2 cloves garlic, peeled
- > 1 large egg
- > ? tsp. salt
- > 2 Tbsp. sweet chili sauce
- > ¾ cup whole wheat bread crumbs
- > 4 whole wheat buns

Directions

1. Preheat oven to 375°F.
2. Heat butter in large skillet over medium heat; add 1 cup onions and all mushrooms, and cook 30 minutes, or until caramelized.
3. Mash beans with fork in mixing bowl.
4. Finely chop peppers, garlic and remaining ½ cup onion in food processor. Mix into mashed beans.
5. Mix egg, salt, chili sauce and bread crumbs into bean mixture until mixture binds together. Add more crumbs, if needed. Form into 4 patties.
6. Bake patties on baking sheet 8 minutes per side, or until firm.
7. Assemble buns with cooked patty, onions and mushrooms.