



garden veggie burgers

We made these veggie burgers into mini sliders and cooked them on the cast iron griddle, but they're hearty enough to hold together on any grill, or can be simply baked in the oven. Feel free to substitute one egg for the flax and water if that's what you have on hand, or make fresh bread crumbs by toasting leftover bread and running it through the food processor (adapted from Oh She Glows). *Makes four large patties.*

ingredients

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| 3 tablespoons ground flax | ½ cup roasted sunflower seeds |
| ⅓ cup warm water | |
| 1 (14 oz) can black beans, drained and rinsed | 1 to 2 tablespoons tamari, to taste |
| 1 tablespoon extra-virgin olive oil | 1 teaspoon chili powder |
| | 1 teaspoon dried oregano |
| ¾ cup finely chopped onion | 1 teaspoon ground cumin |
| 2 large garlic cloves, minced | ½ cup rolled oats, processed into a coarse meal |
| 1 cup grated carrots | ½ cup bread crumbs |
| ⅓ cup finely chopped fresh parsley or cilantro | 1 to 2 tablespoons flour as needed |
| | ¼ to ½ teaspoon salt and black pepper |

directions

Whisk the ground flax and water in a small bowl and set aside for about 5 minutes to thicken.

Add the drained black beans to a large bowl. Mash the beans until they turn into a thick paste, with about half of the beans intact.

Add oil to a skillet on medium heat. Stir in the onion, garlic, and a pinch of salt. Sauté for 3 to 5 minutes, until the onion softens. Transfer the onion mixture into the bowl with the beans.

Stir in the flax mixture or egg, grated carrots, parsley (or cilantro), sunflower seeds, tamari, chili powder, oregano, and cumin until thoroughly combined. Add chopped oats, bread crumbs, and flour until the mixture comes together. It should be easy to shape the dough into patties. Stir in the salt and pepper, to taste.

Shape the dough into patties, and grill on a skillet at medium heat until browned and crispy on the outside, and steaming hot on the inside (about 3-5 minutes per side depending on size of patties).

notes

- *The recipe calls for canned beans. Dry beans, soaked and cooked, saves money, but takes more planning. We cook with beans from Breslin Farm at camp or shop bulk bin at The Dill Pickle.*

