



Savory Bean Burger

By Alexandra Borgia

These little burgers are a lovely vegetarian patty. Serve them on a tortilla topped with avocados and a side of greens.

Yields 4 servings

Prep Time: 20 minutes

Cook Time: 30 minutes

Storage: Refrigerate up to 2 days

Type of Dish: Main Course - Meatless

Ingredients

- 2 tablespoons extra virgin olive oil, plus more for cooking the burgers
- 1/4 cup diced onion
- 1/4 cup chopped carrot
- 1 celery stalk, chopped
- 2 garlic cloves, chopped
- 1/4 cup sunflower seeds
- 1 15-ounce can kidney beans, drained and rinsed
- 2 tablespoons shoyu
- 1 teaspoon dried basil leaves
- 1 teaspoon dried oregano
- 1/2 cup bread crumbs, divided
- salt & freshly ground black pepper



Photo: Lori Eanes Photography

Instructions

Heat the oil in a medium skillet over medium flame.

Add the onions, carrot, celery and garlic. Cook 5-7 minutes, until the vegetables are softened.

Place the sunflower seeds in a food processor and process until floury.

Add the beans and vegetables and process until smooth, stopping to scrape down sides of the processor if necessary.

Add the shoyu, basil, oregano, 1/4 cup of bread crumbs, a pinch of salt and a sprinkling of black pepper, and pulse to combine.

Transfer the mixture into a small bowl. Cover and refrigerate for 1/2 hour to firm the mixture.

Divide the mixture into 4 equal portions and form into patties.

Spread the remaining 1/4 cup breadcrumbs in a small shallow bowl. Gently press each burger into the crumbs to coat evenly on both sides.

To sauté: Film the bottom of a medium sized non-stick skillet with oil and warm over medium-high heat until your hand held 1-inch above the top feels hot.

Add the burgers and cook until browned, about 2 minutes per side.

To bake: Preheat the oven to 375-degrees. Place the burgers on a parchment-covered baking sheet and brush with oil on each side. Bake for 10 minutes, flipping once halfway through.