



Funtastic Vegi-Burger

This recipe was inspired by Rip Esselytons New York Times – Vegi-burger.

Please check out his Cookbook – The Engine 2 Diet. **Ingredients:**

I've been wanting to create a unique vegi-burger since tasting one at The Cheesecake Factory several years ago. They no longer make this burger. I wanted something easy to construct and with no precooked grains to mix into the burger. This burger has a unique red tone but easy to prepare and it doesn't fall apart.

- The following recipe makes 8 average patties and 16 sliders.
- Most of the work is done in a food processor or blender.

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| 1 15 oz can black beans – rinsed and drained | |
| 1 15 oz can of fire roasted –chopped tomatoes – Eden Organics are my favorite | |
| 2 garlic cloves – minced | 2 green onions – chopped |
| ¾ cup chopped carrots | ¼ cup chopped red beets |
| 1 cup fresh parsley | 2 cups (Quick Oats) |

Preheat oven to 450 degrees. Spray the baking sheet with cooking spray. Put the first six ingredients into a food processor or blender. Place the mixture into a large bowl and add the oats. I personally like to use my hands to really mix things. Make into patties either regular size or slider size. Bake for 8 minutes. If you have a broiler – broil for an additional 2 minutes. If not bake for a total of 10 minutes.

Tops should be lightly browned.

You can also cook the burgers on medium heat in a non stick skillet lightly sprayed with cooking spray for 5 minutes on each side.



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