

Mushroom Veggie Burgers

Integrated Marketing Services - Apopka, FL

Servings: 4

Preparation Time: 15 minutes

Cook time: 12 minutes

3 tablespoons olive oil, divided

2 packages (8 oz each) small portobello mushrooms, sliced

1/4 cup onion, chopped

1 package (1.4 oz) vegetable soup/ dip mix

1 can (15 oz) black beans, rinsed and drained

2 cups quick-cooking rolled oats

1 egg

4 whole-wheat hamburger rolls, toasted

Toppings (optional) lettuce, tomatoes, pickles, onion

In a large skillet, heat two tablespoons of the oil over medium-heat until hot. Add the mushrooms and onion. Cook and stir for 5 to 8 minutes or until softened.

Transfer the mushroom mixture to a food processor. Pulse until coarsely chopped. Transfer to a large bowl. Stir in 1/4 cup of water and the vegetable mix. Let stand for 15 minutes.

Place the beans in the food processor. Pulse until coarsely chopped. Transfer to a bowl. Add the oats and egg. Mix well. Form the mixture into four patties about 1/2-inch thick. Cover and refrigerate for 30 minutes.

In a skillet over medium heat, heat the remaining one tablespoon of oil. Add the patties to the skillet. Cook for 3 to 4 minutes per side or until browned.

Place in the rolls. Add the toppings (if desired) and serve.

Per Serving (excluding unknown items): 277 Calories; 12g Fat (38.5% calories from fat); 12g Protein; 31g Carbohydrate; 8g Dietary Fiber; 53mg Cholesterol; 20mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat.