
Mushroom-Bean Burgers (Vegetarian)

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Servings: 4

Preparation Time: 1 hour

Start to Finish Time: 1 hour 30 minutes

1/4 cup extra-virgin olive oil

8 ounces (about 3) portobello mushroom caps, finely chopped

1 small red pepper, finely chopped

3 scallions, thinly sliced

1 clove garlic, minced

1 can (15 ounce) pinto beans, drained and rinsed

3/4 cup frozen cooked short grain brown rice

Kosher salt

freshly ground black pepper

1/4 cup panko

4 slices muenster cheese

4 whole-wheat hamburger buns

lettuce leaves, sliced tomato and thinly sliced Persian cucumber (for topping)

FOR THE RANCH SAUCE

1/4 cup mayonnaise

1/4 cup sour cream

1 tablespoon buttermilk

2 teaspoons apple cider vinegar

1/4 teaspoon garlic powder

1 tablespoon chopped fresh dill

1 tablespoon chopped fresh chives

Kosher salt

freshly ground black pepper

Make the burgers: Heat one tablespoon of olive oil in a large nonstick skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, until lightly browned and tender, 3 to 5 minutes. Remove to a plate. Add one more tablespoon of oil to the skillet, then add the bell pepper. Cook, stirring, until lightly browned and tender, 2 to 3 minutes.

Add the scallions and garlic. Cook, stirring, until softened, about 1 minute. Add the beans, rice, 3/4 tablespoon of salt and a few grinds of pepper. Cook, stirring occasionally, until heated through, 3 to 5 minutes. Transfer to a large bowl. Beat with a mixer on medium-high speed until the beans are mashed and the mixture is incorporated. Add the panko and beat to combine. Season with salt and pepper, if needed.

Form the mushroom-bean mixture into four 4- to 4-1/2-inch-wide patties (about 1/2 inch thick). Place on a plate lined with wax paper. Cover and refrigerate until firm, at least 10 minutes.

Meanwhile, make the ranch sauce: In a small bowl, combine the mayonnaise, sour cream, buttermilk, vinegar and garlic powder. Stir until well combined. Stir in the dill and chives and season with salt and pepper, if needed. Refrigerate until ready to use.

Cook the burgers: Heat a large nonstick skillet over medium-high heat. Add the remaining two tablespoons of olive oil. When hot, carefully add the patties and cook until browned, 4 to 5 minutes (reduce the heat slightly if the patties are browning too quickly). Carefully flip and cook until the other side is browned and the patties are hot in the center, about 3 more minutes, topping each patty with a slice of cheese during the last 2 minutes of cooking.

Toast the buns, if desired. Serve the burgers on the buns with lettuce, tomato, cucumber and the ranch sauce.

Sandwiches, Vegetarian

Per Serving (excluding unknown items): 1044 Calories; 66g Fat (55.6% calories from fat); 47g Protein; 72g Carbohydrate; 17g Dietary Fiber; 119mg Cholesterol; 1068mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Lean Meat; 3 Vegetable; 0 Fruit; 0 Non-Fat Milk; 8 1/2 Fat.