

Black Bean and Mushroom Veggie Burger



This veggie burger won't leave you hungry! Hearty, flavorful, and simple, this burger is perfect for a high fiber vegetarian option.

Preparation 12 min

Cooking 35 min

Servings 6

Nutrition Facts (per serving)

Calories 280

Fat 5

Carbohydrates 51

Fibre 9

Protein 14

Sodium 385

Ingredients

- 227 g (½ lb) mushrooms, roughly chopped
- 1 can of 540 ml (19 oz) black beans, drained and rinsed

- 1 large egg
- 250 ml (1 cup) Corn Flakes cereal, or ½ cup cornmeal
- 15 ml (1 tbsp) BBQ sauce
- 15 ml (1 tbsp) reduced-sodium soy sauce or Worcestershire sauce
- 7.5 ml (½ tbsp) minced garlic (or 1-2 cloves)
- 2.5 ml (½ tsp) smoked paprika
- 1.25 ml (¼ tsp) cumin
- Pepper and salt
- 6 whole grain round buns (or hamburger buns)

Choice of toppings:

- Tomato slices
- Lettuce leaves
- Condiments (ketchup, mayonnaise, mustard, etc.)
- Slices of cheddar cheese
- Pickles
- Onion

Preparation

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper or a silicone baking mat.
2. In a food processor, combine all the patty ingredients and mix well.
3. Use a portion scoop to form 6 patties. With slightly damp hands, shape the patties and place them on a baking sheet.
4. Bake in the oven for 35 minutes, turning 5-10 minutes before the end of cooking. Extend the cooking time if you make thicker patties.

Note: It's normal for the mixture to be too soft to shape into patties by hand. Use a 60 ml / 2 oz portion scoop (or an ice cream scoop) to make uniform patties. Then, they can be shaped with damp hands.

Notes

Can be kept for 5 days in an airtight container in the refrigerator. The patties can be frozen for 3 months in an airtight container.



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