Simple, Healthy, and Delicious Recipes!

VegetarianTimes.Net

4th of July Healthy Veggie Burger

Deliciously vegan and gluten free…..just in time for your 4th of July celebration! This recipe makes many burgers, so you can cook some today and freeze some for later this week.

Serve with a great salad and your favorite vegan condiments. Yum!

Ingredients:
2 celery stalks (chopped)
1 onion chopped
2 carrots chopped
1 jalapeno chopped (optional)
½ cup pinto beans
½ cup black beans
½ cup kidney beans
1 ½ cup quick oats
10 oz. cooked rice (or 1 package of pre-cooked frozen rice from Trader Joe's)
17 ounce cooked lentils (or 1 package of pre-cooked lentils from Trader Joe's)
4 cloves garlic, minced
2 tbsp. olive oil
2 tbsp. soy sauce
2 tbsp. ketchup
2 tbsp. mustard
2 tbsp. Smokey seasoning
2 tbsp. black pepper
1 tbsp. cornstarch

Preparation steps:
Prep all ingredients. Cook the rice and lentils unless you are using pre-cooked. Chop the veggies. Add the chopped veggies to a bowl.

Add the beans, rice, and the rest of the ingredients
Mix well.
Blend in the food processor; mince fine
Form into patties (whatever size you prefer)
Freeze any you are not using today, placing waxed paper between each patty
Grill or cook in the oven or skillet.

Bonus Items

If you want to watch the video again, click here.