

Bean and Mushroom Burgers - Vegan - SOS

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes

Serving Size: 4
Calories per serving: 323
Fat per serving: 4 grams

Ingredients

- 4 whole wheat hamburger buns
- 1 1/2 cups homemade black beans no salt, or 15 ounces can (no salt added)
- 1 1/2 cups mushrooms, chopped
- 3 cloves garlic, minced
- 1/2 large onion, diced
- 1/2 cup whole wheat bread crumbs
- 1 tablespoon flaxseed (mixed with 3 tablespoons water)
- 1 teaspoon basil
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Instructions

1. Sauté garlic, onion, mushrooms, and basil, over medium high-heat for 3-5 minutes.
2. Place the beans in a bowl and mash them. Add the flaxseed mixed with water, vegetables, and bread crumbs.
3. Mix well to combine and shape into 4 large patties. Refrigerate the patties for about 45-50 minutes.
4. When ready to cook, preheat oven to 350° F. Line a baking sheet with parchment paper.
5. Bake the patties for 10 minutes, then turn and bake for another 10 minutes.

Notes

Nutrition facts (per serving): Calories: 323, from fat: 42, total fat: 4g, cholesterol: 0mg, sodium: 430mg, total carbohydrate: 57g, fiber: 9g, sugar: 3g, protein: 19g.