Mrs. Vegan's WFPB Dinner Recipes

BEAN BURGERS
(Jeff Novick, MS, RDN; https://www.jeffnovick.com)



2 cans kidney beans
1 cup rolled oats
1 cup cooked brown rice
¼ cup tomato sauce (oil-free)
½ tsp each garlic and onion powder
½ tsp Mrs. Dash (optional)



Rinse and drain the beans, and pour them into a large bowl. Mash them with a fork or potato masher. Add the remaining ingredients and mix well (knead with clean hands if you wish). Shape into patties. Let sit for 20 minutes so the burgers will "set up" and get firm. Bake on non-stick sheet (350 degrees 10-12 minutes each side) or pan-sear on non-stick pan 10 minutes each side or until browned.

Editor's note: For the Mrs. Dash (salt-free seasoning), you could substitute or add any salt-free herb, spice, or herb-spice mix.

