

## **Black Bean Veggie Burgers**

- 1- 8 oz. pkg mushrooms, cleaned, trimmed, dried and cut in half
  - 1- 15 oz can black beans, rinsed and drained well, + blotted dry
  - 7 prunes
  - 1 roasted red bell pepper, jarred or fresh, peeled and cut into 3 pieces
  - ½ c. walnut pieces
  - ¼ c. flaxseed meal
  - 2 t. low sodium soy or tamari sauce
  - 1 c. cooked quinoa or brown rice (use leftover rice or quinoa frozen in cup amounts)
  - 1 T. steak seasoning or other flavored salt
  - 1 T. virgin olive oil
- Buns, lettuce, tomatoes, avocado, ketchup, mustard or other accompaniments.

In a large food processor, pulse mushrooms until minced. Spread on a paper towel on a plate, and microwave 1-2 min. to release some of the water (or saute 5 min.) Set aside. Place next 6 ingredients (to soy sauce) in processor and pulse just till minced. Add grain and mushrooms. Pulse once or twice just to combine. Scoop ½ cup of mix and make into balls. Place on cutting board and press into patties (makes 6). Sprinkle with steak seasoning or flavored salt, then fry in pan, salted side down, and salt the other side before browning and flipping the burger. Place in bun with accompaniments and enjoy.

- Laurel Hardin