



EASY VEGGIE BURGERS

PREP TIME: 25 MINUTES **COOK TIME:** 30 MINUTES **TOTAL TIME:** 55 MINUTES
MAKES 8 PATTIES

Ingredients

- 1 can cannellini beans (19 oz) drained & rinsed
- 1 cup frozen peas, rinsed
- 1 diced red bell pepper
- 1 diced large onion
- 1 cup shredded carrots
- 1 cup cremini mushrooms
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp Italian seasoning
- 1 tsp chili powder
- 1 tsp curry powder
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 cup panko-style breadcrumbs
- Burger toppings, as you like

Topping Options

- ketchup, mustard, relish
- mayo or vegan mayo
- balsamic vinaigrette
- pickles
- pickled red onion
- guacamole
- honey mustard
- lettuce or slaw
- tomato
- hummus
- tazitki
- thinly sliced jalapeños
- cheese
- roasted pineapple



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Directions

1. Rinse beans & peas, then set them aside
2. Wash & dice veggies. Sauté onions, garlic, red pepper, carrot & mushrooms in ~2 tablespoons of oil
3. Mash the white beans with spices in a large bowl. Season to your liking
4. Once the sautéed veggies are tender, add them to the white bean mash & use a hand blender to lightly blend in the veggies
5. Add & mix in the panko bread crumbs & add some more if needed (until desired texture is reached)
6. Mix in the peas (can be whole if for adults or blend if for infants too)
7. Form patties to your liking. I prefer a thicker patty fitting the size of bun
8. Place on parchment paper lined baking sheet, bake for ~20 minutes at 350 °F & then pan fry for ~5 minutes on each side. You can just bake them for ~30 minutes total, I just prefer a crispier patty
9. Top with favourite toppings & enjoy with your favourite side or salad
10. After they've cooled, refrigerate half & freeze half the leftovers, individually wrapped in an airtight container

Enjoy!!