

Grillable Vegan Burger Patty

- Prep Time: 15 minutes (plus 30 minutes to chill)
- Cook Time: 11 minutes
- Total Time: 26 minutes (plus 30 minutes to chill)

Ingredients:

- 2 cups cauliflower florets
- 1/3 cup diced yellow onion
- 3 cups quartered baby bella mushrooms
- 1 tablespoon Carlini Vegetable Oil
- 3 cloves garlic, minced
- 1/2 cup cooked Simply Nature Organic Quick Cook Brown Rice
- 3/4 cup Simply Nature Organic Black Beans, drained and rinsed
- 1/2 cup Dakota's Pride Kidney Beans, drained and rinsed
- 1/2 cup Baker's Corner All Purpose Flour
- 2/3 cup Chef's Cupboard Panko Breadcrumbs
- 1 1/2 teaspoons Stonemill Iodized Salt
- 1/4 teaspoon Stonemill Ground Black Pepper
- 1/2 teaspoon Stonemill Garlic Powder
- 1 1/2 teaspoons Stonemill Chili Powder
- 1/2 teaspoon Stonemill Cumin
- 2 tablespoons Burman's Original BBQ Sauce
- Carlini Canola Cooking Spray

Directions:

1. In a food processor, pulse cauliflower florets until finely chopped. Remove and reserve. Add onions and mushrooms to the food processor and pulse until finely chopped.
2. In a medium skillet, over medium heat, add oil and sauté the vegetables and garlic until tender. Remove from skillet and transfer to a medium bowl.
3. In a food processor, puree the rice and beans until smooth. Add to the vegetable mixture.
4. Add flour, breadcrumbs, spices and barbecue sauce to the bowl and mix until well combined. Form into 4 patties and chill for 30 minutes.
5. Meanwhile, heat the Crofton Cast Iron Grill over medium-high heat.
6. Coat with cooking spray and cook the burgers for 3-4 minutes per side or until heated through. Remove from grill, dress the burgers with your favorite toppings and enjoy!



Recipe Courtesy of:
ALDI Test Kitchen