

Veggie-Grain Burgers

serves 6–8

A great meal any time of the year. Grill outdoors for that smoky summer flavor; fry in a griddle indoors for a winter treat. Bake some fresh rolls, slice some tomatoes, smear on your favorite spread, grab a napkin, and enjoy!

2 T. extra virgin olive oil	1 1/2 tsp. tamari or soy sauce
3/4 cup onion, 1/4" dice	1/2 tsp. balsamic vinegar
1/2 cup red or yellow pepper, 1/4" dice	1 1/2 cups cooked brown rice
1/4 cup carrot, 1/4" dice	1/4 cup rolled oats
3/4 cup mushroom (any type), 1/4" dice	1/4 cup cornmeal
1 tsp. dry sherry	2 T. tahini
2 cloves garlic	1 egg (optional)
2 T. basil, dried	1/2 cup shredded jack cheese (optional)
1 1/2 tsp. salt	1/2 cup cooked bean of your choice, lightly mashed (e.g., pinto, black...)
pinch black pepper	1 T. canola or grapeseed oil

Heat the oil in a large skillet on medium high heat. Add the onion and sauté for 5–8 minutes, until soft and beginning to brown. Add the pepper, carrot, and mushroom and sauté for 3–4 minutes. Add the sherry, garlic, basil, salt, and pepper and sauté for an additional 2 minutes. Add the tamari and vinegar and sauté for another 2 minutes. Remove from heat. Scrape the contents of the frying pan into a bowl. Add the remaining ingredients.

Stir the burger mix thoroughly. Taste and adjust seasoning as desired. Shape into 6–8 balls. Toss a ball back and forth from hand to hand 10 times to pack the burgers tightly. Flatten into a burger shape and place on a plate. Heat the canola or grapeseed oil in a cast-iron frying pan on medium high heat. When the oil is quite hot (sizzles when you drip a drop of water in it), add the burgers, leaving at least an inch between burgers (fry in two batches if necessary). Allow the burger to get quite brown on the first side before flipping. If it sticks, it is probably not ready to turn yet. Alternately, grill on a charcoal or gas grill. Allow second side to brown nicely. Melt cheese on top if you'd like.

Serve on a whole-grain bun with lettuce or mesclun greens, sliced tomato, and your favorite spread, such as mayo, ketchup, roasted red pepper puree, pesto, or roasted garlic mayo. If it's summertime, cook some freshly picked corn on the cob, slice a watermelon, grab a napkin, and sing praises to summer.