

Veggie Burgers

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Ingredients

1/4 cup boiling water
2 Tbs. Bulgar wheat❌
2/3 cup cooked brown rice❌
1 dash black pepper❌

Directions

Add the boiling water to the bulgur wheat in a small bowl and let sit for about an hour. The wheat will swell to about double in size.

Steam the quartered mushrooms for about ten minutes or until tender. Remove and steam onions for about ten minutes or until they become translucent. Keep these two ingredients separated and set them aside.

Add 1/2 cup water to the oats and let them soak for about ten minutes.

Drain any excess water from the bulgur wheat and oats, then combine the grains with the mushrooms, rice, cheeses and spices in a food processor and pulse four or five times until ingredients are chopped fine, but not pureed.

Pour the mixture in a bowl and add the steamed onion and cornstarch, blending well.

Spray a skillet with non-stick cooking spray and place it over medium-low heat.

Measure a 1/2 cup of the patty mixture at a time into the pan and shape with a spoon into a 3" round patty that is about 1/2" thick.

Cook for two to four minutes per side or until light brown on the surface.

When the patties have been browned, arrange them on a lightly sprayed baking sheet and bake them for 20-25 minutes in a 300 degree oven.

Be sure to turn them over halfway through the cooking time.