

Epic Bean Burgers

Instructions

1. Sauté the mushrooms and shredded beets with soy sauce until most of the moisture has cooked out, about 10 minutes. The mixture will be roughly half of the original volume.
2. While the mushrooms and beets are cooking, drain and rinse the beans. Add them to a large bowl and use your hands or a potato masher to smash the beans until almost all of them are broken up. It's okay to still have some whole chickpeas.
3. When the mushrooms and beets are done cooking, add them to the bean mixture along with all of the ingredients except the rolled oats. Mix well.
4. Add ¼ cup of rolled oats at a time while mixing until you get the right consistency. The mixture should form into a burger patty without crumbling.
5. Grill the patties like normal burgers with your favorite cheese and other toppings. Enjoy with a bun or in a romaine lettuce wrap.

Ingredients

- 1 cup mushrooms, chopped
- 1 medium to large beet, shredded
- 2 tbsp soy sauce
- 15 oz can lentils, drained and rinsed
- 15 oz can black beans, drained and rinsed
- 15 oz can chickpeas, drained and rinsed
- ¼ cup parsley, minced
- 3 tbsp nutritional yeast
- 1 tbsp corn starch
- Salt and pepper, to taste
- 1 tbsp chili powder
- 1 cup rolled oats

Grocery List

Produce

- Mushrooms
- Beet
- Parsley

Spices

- Nutritional yeast
- Salt
- Pepper
- Chili powder

Canned Goods/Grocery

- Soy sauce
- Lentils
- Black beans
- Chickpeas
- Corn starch
- Rolled oats