

## **VEGGIE BURGERS**

Yield – 28 small burgers (sliders)

### **Ingredients:**

1 (398 ml) can black beans, rinsed  
2 cups diced portabella mushrooms  
1 cup minced broccoli  
1 Tbsp minced garlic  
½ cup minced red onion  
2 tsp Montreal Steak Seasoning  
1 Tbsp Worcestershire sauce  
3 eggs, beaten  
¾ cup freshly grated parmesan cheese  
½ cup Panko bread crumbs  
Olive oil for frying

### Serving suggestions:

Mini whole grain slider buns or pita pockets

Tomato

Lettuce

Avocado

**Sriracha mayo** – ¼ cup mayonnaise mixed with 1 tsp sriracha.

### **DIRECTIONS:**

1. Line a baking sheet with parchment paper.
2. In a large bowl mash black beans with a masher or your hands (chunks are okay).
3. Add mushrooms, broccoli, garlic, onion, Worcestershire and steak seasoning.
4. Mix just until coated.
5. Add the eggs, cheese and bread crumbs and mix gently until combined.
6. Using a ¼ cup measuring cup, scoop mixture into the palm of your hand and shape into a burger, while tightly pressing the mixture together. Place the burgers on the prepared baking sheet. Continue until you have made 28 circular burgers.
7. Heat a non-stick pan over medium heat and add in 2 Tbsp of oil.
8. Once the oil is hot, carefully place the burgers in the pan, leaving enough room between them to flip.
9. Cook for 4-5 minutes per side or until golden brown and a crust has formed on each side.
10. Serve on a whole grain bun or in a pita and top with tomato, lettuce, avocado and sriracha mayo if desired!