

# SUPER-FOODS VEGGIE BURGER



## Ingredients:

2	Tablespoons	Olive Oil, divided
8	Ounces	Cremini Mushrooms, chopped very fine
¾	Cup	Kale, chopped very fine
1	Clove	Garlic, minced fine
½	Small	Red Bell Pepper, chopped very fine (about ½ cup)
¼	Cup	Sweet Red Onion, chopped very fine
1	15 oz. can	Great Northern Beans, drained & rinsed
¾	Cup	Quinoa, cooked
½	Cup	Panko
2	Teaspoons	Liquid Smoke (optional)
1	Teaspoon	Hot Sauce (optional)
		Salt & Pepper to taste

## Directions:

1. Heat 1 teaspoon oil in a large non-stick skillet. Add the mushrooms, kale, peppers and onion and saute until tender, about 7 – 10 minutes. Add the garlic to the pan and saute an additional 2 minutes. Set aside.
2. While that is cooking, drain and rinse the beans. Spread them, with the quinoa, on a baking sheet. Bake in a 350° oven for 6 – 7 minutes. When done, place them in a large bowl and mash them with a potato masher.
3. Add the mushroom mixture to the bowl and beat with a mixer on medium-high speed until the mixture is thoroughly incorporated. Add the panko, liquid smoke and hot sauce. Beat until combined. Season with salt and pepper.
4. Form the mixture into four patties – each about 4 to 4½ inches in diameter and about ½ inch thick. Place on a plate lined with wax paper. Cover and refrigerate until firm, at least 30 minutes.

5. Add the remaining tablespoon of oil to pan. When hot, carefully add the patties to the skillet and cook until heated through – about 3 to 4 minutes per side. Serve with your favorite toppings and condiments.