



# Black Bean Bistro Burger (vegan)

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## Ingredients

1 large	onion, diced
2 cloves	fresh garlic, minced
2 cups	fresh mushrooms, diced
1 15oz can	black beans, undrained
1/3 cup	yellow pepper, diced
1 Tbs.	McKay's Chicken Seasoning
1 tsp.	parsley flakes
1/4 tsp.	ground cumin
2 cups	quick oats
2 cups	Pepperidge Farm Stuffing Mix or bread crumbs
1/2 tsp.	cayenne
1/4 tsp.	dried oregano
1 Tbs.	Braggs Liquid Aminos
1 Tbs.	Vegan Worcestershire Sauce
1 cup	almond milk
4	Morning Star Farms Vegan Grillers, thawed and crumbled



## Directions

Saute garlic, onion, and mushrooms in a skillet over medium heat until onion is clear. Stir together remaining ingredients, except milk. Add sautéed vegetables. Stir in milk, let absorb for five minutes. Form into patties, and place on a baking sheet that has been sprayed with non-stick cooking spray. Spray tops of patties as well. Bake at 400 for 15 minutes. Spray tops of patties before flipping. Flip and bake for an additional 15 minutes.

Yield: 10, 4-inch burgers