

EGGPLANT MUSHROOM BURGERS

INGREDIENTS

2 cups chopped mushrooms
1 medium sized eggplant, chopped
5 celery stalks, chopped
½ cup chopped walnuts
¼ cup ground flax seed
1 can kidney beans, drained
1 cup cooked brown rice or wild rice
2 tbsp nutritional yeast
1 tsp dried thyme
½ tsp ground rosemary
2 tsp salt
1 tsp black pepper

DIRECTIONS

1. Sauté the mushrooms, eggplant, and celery until tender – about 5 min.
2. Transfer to food processor and add the remaining ingredients and pulse a few times until semi-chunky.
3. Transfer to a bowl. Using your hands, make patties that are 3-4 inches wide and ¾ inch thick – uniformity more important than actual size.
4. Place patties on parchment paper on a baking sheet.
5. Bake at 375°F for 15 min and flip. Cook another 10 min until browned.

