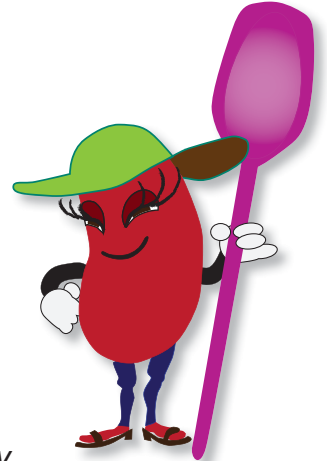


Beans, Rice And Everything Nice



Mushroom Lovers Veggie Burger



original recipe by
beansriceeverythingnice.weebly.com

Ingredients

- 1 14 gram / 1/2 ounce package dried Porcini mushrooms
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 teaspoons poultry seasoning
- 1 Tablespoon gluten-free tamari
- 1 Tablespoon Dijon mustard
- 2 cloves garlic, minced
- 6 - 8 mushrooms, finely diced
- 1 stalk celery, finely diced
- 2 cups cooked or canned kidney beans
- 1 cup cooked brown rice
- 1/4 cup gluten-free corn meal
- 1/4 cup water

1. Grind the dried mushrooms to a powder in a spice/coffee grinder or a blender. Set aside. Measure out the spices, and set aside. Saute the finely diced mushrooms and celery with the minced garlic in the tamari for 5 minutes. You shouldn't need to add water to saute. The salt in the tamari will draw the moisture from the mushrooms and the celery.
2. While the vegetables are cooking, add the beans to a large mixing bowl and mash with a potato masher until creamy. When the vegetables are finished cooking, add them with the cooked rice, cornmeal, garlic powder, onion powder, poultry seasoning, ground Porcini mushroom powder, Dijon mustard and water to the bowl with the mashed kidney beans. Mix thoroughly with your hands until it forms a large ball.
3. Using a 1/3 cup measuring cup, scoop up some of the burger mix, form it into a ball and then flatten it into a patty. Continue forming the burgers until all the batter is used up. Place the burgers on a tray or plate and refrigerate for 30 minutes. The recipe will make 8 or 9 burgers.
4. **On the stove top**, cook your burgers in a dry skillet over medium heat for about 5 minutes each side. If they seem to be sticking when you try to flip them, let them cook a minute or so longer, and they should lift just fine.

Or, In the oven, preheat the oven to 175C / 350F. Bake the patties on a baking sheet lined with parchment paper or a silicone mat for 20 - 30 minutes. Flip them half way through.