

Mushroom and Black bean burgers (recipe 1)

Prep time: 1 hour 30 mins

Cook time: 15 mins

Total time: 1 hour 45 mins

Vegan burgers made with a base of mushrooms, veggies, brown rice, black beans and breadcrumbs. Perfect for your summer BBQ.

Author: Brittany at ilovevegan.com

Ingredients

- 1 cup cooked brown rice
- 1⅓ cups canned black beans, mashed
- 1 tbsp olive oil (plus extra for frying)
- 6-8 medium cremini button mushrooms, finely chopped
- 1 stalk celery, finely chopped
- 1 small carrot, finely chopped
- ¼ red onion, finely chopped
- 2 cloves garlic, finely minced
- ½ teaspoon salt
- 1½-2 cups breadcrumbs
- 1 tbsp ground chia seeds
- 2 tablespoons nutritional yeast
- 2½ tablespoons soy sauce
- squeeze lemon juice



Method

1. In a large skillet, heat olive oil over medium-high heat and sauté the finely chopped mushrooms, celery, carrot, onion, and garlic until just tender. Sprinkle with salt and stir.
2. Add the black beans, brown rice, breadcrumbs, ground chia seeds, nutritional yeast, soy sauce, lemon juice and stir until the mixture gets very thick and difficult to mix. Refrigerate for at least one hour.
3. Portion the burger mixture into ⅓ cup (or slightly larger) patties (7 cm diameter and 1½ cm thick). You can now refrigerate, freeze or cook the patties.
4. Heat a generous amount of oil over medium heat. Fry each patty for 3-5 minutes, flip, top with a slice of vegan cheese (if using) and cover with a lid until the cheese melts. Warm the cut side of the buns while the patty finishes cooking.
5. Serve in a bun with toppings of your choice, such as vegan cheese, dill pickles, fried onion, salad (lettuce, slices of cucumber, tomato and avocado), and condiments such as vegan mayo, tomato ketchup or mustard.

Mushroom and Black bean burgers (recipe 2)

Vegan burgers made with a base of mushrooms, veggies, black beans and breadcrumbs. Perfect for your summer BBQ.

Author: Liz Hughes at ourlizzy.com

Ingredients

Serves 6

- 1 tin black beans (or kidney beans)
- 1 clove garlic crushed
- 1 onion finely chopped
- 100g mushrooms finely chopped
- 1 small carrot grated
- 100g breadcrumbs
- ½ tsp chilli or paprika
- 2 tbsp gram flour
- handful of fresh herbs (optional)
- 1 tsp sunflower seeds (optional)
- ½ tsp salt/1 tbsp soy sauce
- ¼ tsp black pepper (or to taste)
- 1-2 tbsp olive/vegetable oil

Method

1. Rinse the beans in running water and drain in a colander.
2. Heat the oil in a pan. Sauté the onion and mushrooms, add the garlic and carrot and cook until lightly browned. Sprinkle with smoked chilli/paprika. Remove from heat and allow to cool slightly.
3. Place all the ingredients in a blender and pulse until mixture comes together. Do not overblend.
4. Shape the mixture into burgers and place in the fridge to chill for at least 30 minutes. This mixture makes six regular burgers.
5. Place on a lined baking tray, brush with oil and bake in the oven for 15 to 20 minutes until golden.
6. Serve in a bun with salad and toppings of your choice.

