

Independence Day @ Home

Ms. Cheyney's Grillable Veggie Burger

Adapted from a guarded family recipe!



Yields five to eight burgers

Equipment

- Two mixing bowls, wooden spoon, masher, measuring equipment, and grill or frying pan

Ingredients

- 1 cup cooked brown rice
- 1 cup ground nut meal (I use pecan meal, also referred to as pecan flour. You can also substitute bread crumbs, but make sure you mash or blend them finer.)
- $\frac{1}{3}$ cup bread crumbs
- 1 packet Lipton onion soup mix
- $\frac{1}{2}$ tsp smoked paprika
- garlic powder, to taste
- 1 tbsp brown sugar
- Salt and black pepper, to taste
- 1 $\frac{1}{2}$ cups of canned black beans (drained, rinsed, and patted dry)
- $\frac{1}{2}$ medium white onion, finely chopped
- 1 tbsp vegan mayonnaise
- 3-4 tbsp BBQ sauce
- $\frac{1}{8}$ tsp Liquid Smoke (You can also use Bacon Hickory Smoked Torula Yeast Seasoning)
- 1 tbsp neutral oil (for pan or grill)

Directions

1. Finely chop onion and saute until soft and translucent.
2. Mix dry ingredients (pecan meal, bread crumbs, onion soup mix, smoked paprika, garlic powder, brown sugar, and salt and pepper). Mix well and set aside.
3. In a large mixing bowl, add drained black beans and mash well with a fork or masher (it's ok to leave a few whole beans).
4. Add cooked rice, dry ingredients, sautéed onion, vegan mayonnaise, BBQ sauce, and Liquid Smoke and mix thoroughly with a wooden spoon for one to two minutes, or until a moldable dough forms.
5. If the mixture is too dry, add more BBQ sauce. If it is too wet, add more bread crumbs. Taste and adjust seasonings as needed.
6. Makes between five and eight burgers depending on size.
7. If grilling, brush the grill surface with oil; if cooking stove-top, add a little oil to the pan.
8. Cook for three to four minutes on each side, or until well browned.
9. These burgers are not as firm as beef burgers, but they won't fall apart!