

DSAT Virtual Dinner
Monday, April 20
Grillable Veggie Burger
(modified from minimalistbaker.com)

Ingredients:

1 cup cooked brown rice
1 cup raw walnuts (you could substitute bread crumbs or panko crumbs or almond meal)
1/2 Tbsp avocado oil/ olive oil(plus more for cooking)
1/2 medium white onion (finely diced // 1/2 onion yields ~3/4 cup)
1 Tbsp each chili powder, cumin powder, and smoked paprika
1/2 tsp each sea salt and black pepper (plus more for coating burgers)
1 Tbsp coconut sugar or brown sugar
1 1/2 cups cooked black beans (well rinsed, drained and patted dry)
1/3 cup panko bread crumbs (if gluten-free, use gluten-free bread crumbs)
2-3 tablespoons of barbecue sauce
1 tablespoon of smoked chipotle peppers

Instructions:

1. Heat skillet over medium heat. Once hot, add raw walnuts and toast for 5-7 minutes, stirring frequently, until fragrant and golden brown. Let cool and move onto the next step. 2. In the meantime, heat the same skillet over medium heat. Once hot, add oil and onion. Season with a bit of salt and pepper and sauté for 3-4 minutes, or until onion is fragrant, soft, and translucent. Remove from heat and set aside.
3. Once walnuts are cooled, add to blender or food processor with chili powder, cumin, smoked paprika, salt, pepper and coconut sugar and blend until a fine meal (see photo) is achieved. Set aside.
4. To a large mixing bowl, add drained, dried black beans and mash well with a fork, leaving only a few whole beans (see photo).
5. Next add cooked rice, spice-walnut mixture, sautéed onion, panko bread crumbs, BBQ sauce, and mix thoroughly with a wooden spoon for 1-2 minutes, or until a moldable dough forms. If

dry, add extra 1-2 Tbsp (amount as original recipe is written // adjust if altering batch size) BBQ sauce. If too wet, add more panko bread crumbs. Taste and adjust seasonings as needed.

6. For larger burgers, divide into 5 patties (1/2 cup in size // amount as original recipe is written), or form 10 smaller burgers (1/4 cup in size // amount as original recipe is written). To help form the patties, line your 1/2 or 1/4 measuring cup with plastic