

# Black Bean Oatmeal Burgers

Black Bean Oatmeal Burgers are a great burger recipe- made without meat or dairy ingredients. Swap out your traditional burger with this recipe and you won't be disappointed. Made with beans, veggies, and spices, this recipe is perfect for the family cookout.

 **Servings:** 4

 **Total time:** 40 minutes  
20 minutes preparation; 20 minutes cooking



## Ingredients

- 2 cups Quaker® Oats (quick or old fashioned, uncooked), divided
- 1 can (15 ounces) no-salt-added black beans, drained
- ½ Tbsp olive oil, divided
- 1½ cups coarsely chopped peeled eggplant
- 1 cup coarsely chopped cremini or button mushrooms
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 tsp dried thyme leaves, crushed
- Coarse grind black pepper
- 2 egg whites
- ½ cup chopped parsley (optional)
- ¼ tsp salt (optional)



## Instructions

1. Place 1½ cups oats and beans in food processor. Heat ½ Tbsp olive oil in large nonstick skillet over medium heat. Add eggplant, mushrooms, onion, and garlic.
2. Cook 10 minutes or until eggplant is tender, stirring frequently; reduce heat to medium-low if ingredients are browning too quickly. Stir in thyme and black pepper, as desired. Cool slightly.
3. Meanwhile, pulse oats and beans to combine; mixture should be chunky. Add eggplant mixture to food processor with oats. Add egg whites. Pulse just until mixture is combined but still has texture. Mixture should be moist. (Add reserved bean liquid a small amount at a time if more moisture is needed.)
4. Stir in remaining ½ cup oats, parsley, and salt, if desired. Let stand 5 to 10 minutes.
5. Shape into 4 patties. Heat remaining ½ Tbsp of oil in large nonstick skillet over medium-low to medium heat. Cook patties 3 to 5 minutes per side, until browned as desired.
6. Tips: Dairy-free, gluten-free if made with Quaker Gluten Free Oats, nut-free, vegetarian



## Nutrition Info per serving

**Calories:** 290  
**Total Fat:** 5 g  
**Saturated Fat:** 1 g  
**Cholesterol:** 0 mg  
**Sodium:** 30 mg  
**Total Carbohydrates:** 49 g  
**Dietary Fiber:** 12 g  
**Total Sugar:** 3 g  
**Added Sugar:** 0 g  
**Protein:** 15 g

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