

# Herbal Legacy Recipes

## Mushroom Burgers

Submitted by Katrina Larsen

### INGREDIENTS:

- 2 tbsp canola oil
- 1 onion, diced
- 2 cloves garlic, minced
- 3 green onions, diced
- 1/2 tsp cumin or other favorite spice
- 3/4 cup diced fresh mushrooms
- 1 15 ounce can pinto beans or 2 cups of your own homemade beans
- 1 tsp parsley or other herbs
- salt and pepper to taste
- oil for frying



### DIRECTIONS:

1. Sautee the onions and garlic in canola oil for 3 to 5 minutes, until onions are soft.
2. Add the green onions, cumin and mushrooms and cook for another 5 minutes, until mushrooms are cooked. Set aside.
3. Mash the beans with a fork or a potato masher, or process in a food processor until well mashed.
4. Add the mushrooms to the beans and add parsley, salt and pepper. Stir until well combined.
5. Shape the mixture into patties. Heat about two tablespoons of oil and cook each patty until the veggie burgers are done, about 3 minutes on each side.

### NOTES:

- If you don't want to fry these in a pan, you could brush each side with a little oil (optional) and bake them in the oven at 350 for about 20 - 30 minutes until heated through. Flip once half way through.
- Use different spices and herbs to create a variety of flavors. IE Instead of cumin try basil or thyme for an Italian flair.

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