

MEALTIME HELPER

MAKING MEALTIME EASY

Veggie Burger - Recipe

Prep time: 15 minutes (plus 30 minutes chilling, optional)

Cook time: 10–12 minutes (pan-fry) — 18–22 minutes (bake)

Total time: 25–45 minutes (depending on chilling and method)

Servings: 4 (4 patties)

Ingredients

- 1 can (15 oz / 425 g) chickpeas or black beans, drained and rinsed
- 1 cup cooked brown rice, quinoa, or cooked oats (helps bind)
- 1/2 cup finely grated carrot (or finely chopped bell pepper)
- 1/2 cup finely chopped onion or 2 tablespoons shallot
- 2–3 cloves garlic, minced
- 1 tablespoon ground flaxseed + 3 tablespoons water (flax "egg") or 1 large egg (for non-vegan)
- 1/2 cup breadcrumbs or panko (use gluten-free if needed)
- 2 tablespoons soy sauce or tamari (or 1 tsp salt)
- 1 teaspoon smoked paprika (or regular paprika)
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 2 tablespoons chopped fresh parsley, cilantro, or chives (optional)
- 2–3 tablespoons olive oil or neutral oil (for frying)
- Burger buns and toppings: lettuce, tomato, pickles, sliced red onion, cheese (optional), ketchup, mustard, mayo or aioli

Optional mix-ins and swaps:

- 1/4 cup corn, 1/4 cup chopped mushrooms, 1 tablespoon nutritional yeast, 1/2 teaspoon chili flakes, or 1 tablespoon tahini for richness

Directions

1. **Make the flax egg (if using):** In a small bowl combine ground flaxseed and water; let sit 5 minutes until gelatinous.

- 2. Pulse base ingredients:** In a food processor, pulse the drained beans until mostly mashed but with some texture. Add cooked grain (rice/quinoa/oats), grated carrot, onion, garlic, soy sauce, smoked paprika, cumin, pepper, and flax egg (or beaten egg). Pulse in short bursts until mixture holds together but still has some pieces (avoid turning into paste).
- 3. Add binders:** Transfer mixture to a bowl and stir in breadcrumbs and chopped herbs. If the mix is too wet to form patties, add a tablespoon more breadcrumbs or a little more cooked grain. If too dry, add a splash of water or a teaspoon of oil. Taste and adjust seasoning.
- 4. Form patties:** Divide into 4 even portions and shape into compact patties about 3/4-inch thick. Place on a plate or tray, cover, and refrigerate 20–30 minutes if you have time (helps them hold together).
- 5. Cook — pan-fry method:** Heat 1–2 tablespoons oil in a nonstick skillet over medium heat. Cook patties 4–5 minutes per side until golden and crisp, flipping gently. Reduce heat slightly if they brown too quickly.
- 6. Cook — bake method:** Preheat oven to 400°F (200°C). Brush or spray patties with oil and place on a parchment-lined baking sheet. Bake 10 minutes, flip, then bake another 8–10 minutes until firm and golden. For extra crispness, broil 1–2 minutes at the end—watch closely.
- 7. Toast buns and assemble:** Toast buns if desired. Place patties on buns and top with lettuce, tomato, onion, pickles, cheese or vegan cheese, and sauces of choice.
- 8. Serve:** Serve immediately with fries, salad, or sweet potato wedges. Leftover patties keep 3–4 days refrigerated and reheat in a skillet or oven for best texture.

Tips

- For firmer burgers, bake first then quickly sear in a hot pan for color.
- Gluten-free: use certified gluten-free oats and breadcrumbs.
- Make-ahead: shape patties and freeze layered with parchment; cook from frozen, adding a few extra minutes.
- Flavor variations: curry powder + mango chutney, chipotle + lime, or feta + oregano for Mediterranean flair.

Enjoy—meaty texture, big flavor, and zero guilt. These burgers are stubbornly satisfying, vegetarian style.