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Veggie Burgers

Makes twelve 2 oz. burgers

INGREDIENTS:

- 1/2 cup finely chopped onions
- 1/3 cup sliced scallions (green part only)
- 1/2 tsp. chopped garlic
- 1 tsp. soy sauce
- 1/2 cup shredded carrots
- 1 TB Dijon mustard
- 1/2 tsp. salt
- 1 TB ketchup
- 1/4 tsp. black pepper
- 3/4 cup oatmeal
- 1/2 tsp. ground cumin
- 1/4 cup olive oil
- 3 cups kidney beans, drained

PROCESS:

Saute onions, garlic and carrots in oil. Mix together remaining ingredients, except beans and oats. Drain and rinse beans. crush half and add all beans to carrot mixture. Fold in oats. Portion into 1/4 cup burgers. Pan fry in olive oil.