Chili Burgers
From – Moosewood Restaurant Low-Fat Favorites

1 cup onion-chopped
4 cloves garlic – minced or pressed
2 tsp olive oil
½ cup grated carrot or zucchini or patty pan
1 ½ tsp chili powder
1 tsp cumin
3 cups cooked kidney beans (2-15oz cans drained and rinsed)
2 Tbsp Dijon mustard
2 Tbsp soy sauce
2 Tbsp ketchup or 1 Tbsp tomato paste
1 ½ cups rolled oats

• Saute the onions and garlic in the oil for about 5 minutes until the onions begin to soften.
• Add the carrots, chili powder, and cumin and cook on low heat for 5 minutes. Set aside
• Mash the beans in a large bowl with a potato masher or the back of a spoon.
• Add the mustard, soy sauce, ketchup or tomato paste, and the sauteed vegetables.
• Mix in the oats.
• Use your hands to form into 6 burgers.
• In an oiled skillet cook the burgers on medium for 5-8 minutes a side. Cast iron works great to give the burgers a nice crispy outside.

Suggestion:
I like to cook 3 batches at once. To mash the beans and mix the ingredients I use my stand mixer with the paddle attachment. Before the patties are cooked in the skillet I wrap them individually in wax paper. I then place them into freezer bags and freeze. They can be taken out for a quick healthy meal. Either place in the refrigerator the day before to defrost or defrost in the oven or microwave before cooking in the skillet.

Healthy Harvest Farm
COMMUNITY SUPPORTED AGRICULTURE

For more recipes visit us at www.HealthyHarvestFarmCSA.com