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Garden Veggie Burgers

Step One Ingredients:

3 portabella mushroom caps, cleaned (removing the gills) and diced
1 1/2 cups sliced button mushrooms
1/4 cup diced yellow onions
2 sliced zucchini squash
1 tablespoon chopped garlic
1 teaspoon sea salt
1 teaspoon fresh thyme leaves
1 1/2 cups cleaned and scrubbed diced potatoes
1/4 cup olive oil



Step Two Ingredients:

2 large carrots, sliced and steamed until tender
3 cups of cooked brown rice, divided
1 package of firm tofu, drained and cut into 1 inch cubes
2 cups of white beans, drained

Step Three Ingredients:

1/2 cup of brown rice flour

Step One Instructions:

Sautee the chopped portabella caps and stems, sliced button mushrooms, onion, sliced zucchini, chopped garlic, salt, thyme and potatoes in olive oil until the potatoes are tender and most of the liquid from the mushrooms has evaporated. Set aside.

Step Two Instructions:

Mix the cooked carrots, half of the cooked brown rice, cubed tofu, white beans and brown rice flour in a bowl. Working in batches, puree in the food processor until it becomes a chunky paste. Set aside. Working in batches in the food processor, process the sautéed vegetable mixture until very finely chopped but not pureed. Set aside.

Step Three Instructions:

Completely mix (using your hands or a heavy wooden spoon) the tofu mixture with the mushroom mixture and remaining brown rice. Shape into very tight six ounce patties. Cook in a nonstick skillet until browned on the outside and hot in the center. Serve immediately. Extra patties can be frozen individually on parchment lined baking trays and stored in airtight plastic bags up to 3 months. Makes 14 to 16 patties.

No Significant GERD Triggers**Gluten Free****Entree**