



Oatmeal Veggie Burgers



SERVINGS

8



COOKING TIME

15 min

Fire up the grill for these veggie and oat burgers made with Old Fashioned Oats. Oatmeal Veggie Burgers is a yummy vegetarian option or a fun new way to enjoy vegetables. While this oat burger recipe is delicious year-round, it makes for a special dish to celebrate the summer months with.

Ingredients

- 3 tsp vegetable oil, divided
- 1 cup sliced mushrooms
- 1 cup shredded carrots (about 2)
- 3/4 cup chopped onion (about 1 medium)
- 3/4 cup chopped zucchini (about 1 small)
- 2 cups [Quaker® Oats-Old Fashioned](#) (uncooked)
- 1 (15 oz) can kidney beans, rinsed and drained
- 1 cup cooked white or brown rice
- 2 tbsp soy sauce or 1/2 tsp salt
- 1 tsp minced garlic
- 1/8 tsp black pepper
- 1/2 cup chopped fresh cilantro or chives (optional)
- Hamburger buns and toppings (optional)

Cooking Instructions

1. Heat 1 tsp oil in large nonstick skillet.
2. Add mushrooms, carrots, onions and zucchini; cook over medium-high heat 5 minutes or until vegetables are tender.
3. Transfer vegetables to food processor bowl.
4. Add oats, beans, rice, soy sauce, garlic, pepper, and cilantro or chives if desired.
5. Pulse for about 20 seconds or until well blended.

6. Divide into eight 1/2 cup portions.
7. Shape into patties between waxed paper.
8. Refrigerate at least 1 hour or until firm.
9. Heat remaining 2 tsp oil in same skillet over medium-high heat.
10. Cook patties 3 to 4 minutes on each side or until golden brown.
11. Serve on buns with toppings, if desired.