

# Jessica's Favorite Veggie Burger



These easy, grillable veggie burgers (adapted from the [Minimalist Baker](#)) have just 10 ingredients (give or take a spice)...they're flavorful and perfect for summertime grilling plus hearty enough to please meat-eaters and vegans alike!

- 1 cup cooked brown rice
- 1/2 Tbsp avocado oil (plus more for cooking)
- 1 Tbsp each chili powder, cumin powder, and smoked paprika
- 1/2 tsp each sea salt and black pepper (plus more for coating burgers)
- 1 Tbsp date sugar
- 1 1/2 cups cooked black beans (well rinsed, drained and patted dry)
- 1/3 cup panko breadcrumbs (if gluten-free, use gluten-free breadcrumbs, coconut flour, or almond meal)
- 3-4 Tbsp vegan BBQ sauce

Heat skillet over medium heat. Once hot, add raw walnuts and toast for 5-7 minutes, stirring frequently, until fragrant and golden brown. Let cool and move onto the next step.

In the meantime, heat the same skillet over medium heat. Once hot, add oil and onion. Season with a bit of salt and pepper and sauté for 3-4 minutes, or until onion is fragrant, soft, and translucent. Remove from heat and set aside.

Once walnuts are cooled, add to blender or food processor with chili powder, cumin, smoked paprika, salt, pepper and date sugar and blend until a fine meal is achieved. Set aside.

To a large mixing bowl, add drained, dried black beans and mash well with a fork, leaving only a few whole beans

Next add cooked rice, spice-walnut mixture, sautéed onion, breadcrumbs (or alternative), BBQ sauce, and mix thoroughly with a wooden spoon for 1-2 minutes, or until a moldable dough forms. If dry, add extra BBQ sauce. If too wet, add more breadcrumbs. Taste and adjust seasonings as needed.

For larger burgers, divide into 5 patties (each about 1/2 cup), or form 10 smaller burgers (about 1/4 cup each.) To help form the patties, line your 1/2 or 1/4 measuring cup with plastic wrap and pack with burger mixture. Press down to pack firmly, then lift out by the plastic wrap's edge, and slightly flatten with hands to form a 3/4-inch thick patty. Set on a baking sheet or plate for grilling.

If grilling, heat the grill at this time and brush the grill surface with oil to ease cooking. Otherwise, heat the same skillet you used earlier to medium heat.

Once skillet is hot, add just enough oil to lightly coat the bottom of your skillet, then add your burgers - only as many as will comfortably fit in the pan. Otherwise, add burgers to the grill and close lid.

Cook for 3-4 minutes or until well browned on the underside, then flip gently. They aren't as firm as meat burgers, but will definitely hold their shape. Reduce heat if cooking/browning too quickly. Cook for 3-4 minutes on other side.

Remove burgers from heat to let cool slightly and prepare any other toppings/sides at this time (such as grilling/toasting your buns).

Serve burgers as is, or on toasted buns with desired toppings. Leftovers keep in the refrigerator for 2-3 days.