



# Black Bean Oatmeal Burgers

 **SERVINGS** image not found or type unknown

4

 **COOKING TIME** image not found or type unknown

20 minutes

Black Bean Oatmeal Burgers are a great burger recipe- made without meat or dairy ingredients. Swap out your traditional burger with this recipe and you won't be disappointed. Made with beans, veggies, and spices, this recipe is perfect for the family cookout.

## Ingredients

- 2 cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#) ,divided
- 1 can (15 ounces) no-salt-added black beans, drained
- 1/2 tablespoon(s) olive oil, divided
- 1-1/2 cup(s) coarsely chopped peeled eggplant
- 1 cup(s) coarsely chopped cremini or button mushrooms
- 1/2 cup(s) chopped onion
- 1 clove garlic, minced
- 1 teaspoon(s) dried thyme leaves, crushed
- Coarse grind black pepper
- 2 egg whites
- 1/2 cup(s) chopped parsley (optional)
- 1/4 teaspoon(s) salt (optional)

## Cooking Instructions

1. Place 1-1/2 cup oats and beans in food processor. Heat 1/2 tablespoon olive oil in large nonstick skillet over medium heat. Add eggplant, mushrooms, onion and garlic.
2. Cook 10 minutes or until eggplant is tender, stirring frequently; reduce heat to medium-low if ingredients are browning too quickly. Stir in thyme and black pepper, as desired. Cool slightly.
3. Meanwhile, pulse oats and beans to combine; mixture should be chunky. Add eggplant mixture to food processor with oats. Add egg whites. Pulse just until mixture is combined but still has texture. Mixture should be moist. (Add reserved bean liquid a small amount at

a time if more moisture is needed.)

4. Stir in remaining 1/2 cup oats, parsley and salt, if desired. Let stand 5 to 10 minutes.
5. Shape into 4 patties. Heat remaining 1/2 tablespoon of oil in large nonstick skillet over medium-low to medium heat. Cook patties 3 to 5 minutes per side, until browned as desired.

***Cook Note:***

Prep Time: 20 minutes. Dairy-free, gluten-free if made with Quaker Gluten Free Oats, nut-free, vegetarian.