



Recipe Details

Recipe Name - Mediterranean White Bean Burgers

Recipe Steps -

Ingredients

- 2 (15 oz.) cans of white beans drained and rinsed. Or 4 cups fresh white beans
- 2 cups rolled oats
- 1 tsp low sodium tamari
- 1 (12 oz.) Jar of roasted peppers in water, drained
- 1/2 small onion, chopped
- 4 cloves garlic, minced
- 1 Tbsp paprika
- 1 tsp turmeric
- 8 sun-dried tomatoes, minced
- 1 small bunch of Italian parsley, chopped - 1/4 to 1/2 cup

Instructions

1. Place white beans, oats, drained roast red peppers, onion, garlic, tamari, turmeric, and paprika on a high-speed blender, and blend until smooth
2. Place burger mixture into a bowl, add chopped parsley, diced sun-dried tomatoes, and black pepper to taste, and incorporate
3. Place scoops of the batter on a parchment-lined cookie sheet (the size of your liking)
4. Bake at 350 degrees for 20 minutes or until desired look and consistency is achieved
5. Enjoy!

