

# Chili Burgers

From – *Moosewood Restaurant Low-Fat Favorites*

1 cup onion-chopped  
4 cloves garlic – minced or pressed  
2 tsp olive oil  
½ cup grated carrot or zucchini or patty pan  
1 ½ tsp chili powder  
1 tsp cumin  
3 cups cooked kidney beans (2-15oz cans drained and rinsed)  
2 Tbsp Dijon mustard  
2 Tbsp soy sauce  
2 Tbsp ketchup or 1 Tbsp tomato paste  
1 ½ cups rolled oats

- Saute the onions and garlic in the oil for about 5 minutes until the onions begin to soften.
- Add the carrots, chili powder, and cumin and cook on low heat for 5 minutes. Set aside
- Mash the beans in a large bowl with a potato masher or the back of a spoon.
- Add the mustard, soy sauce, ketchup or tomato paste, and the sauteed vegetables.
- Mix in the oats.
- Use your hands to form into 6 burgers.
- In an oiled skillet cook the burgers on medium for 5-8 minutes a side. Cast iron works great to give the burgers a nice crispy outside.

## Suggestion:

I like to cook 3 batches at once. To mash the beans and mix the ingredients I use my stand mixer with the paddle attachment. Before the patties are cooked in the skillet I wrap them individually in wax paper. I then place them into freezer bags and freeze. They can be taken out for a quick healthy meal. Either place in the refrigerator the day before to defrost or defrost in the oven or microwave before cooking in the skillet.



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