

Recipe Name **It's Possible Burger – 6 to 8 burgers**

Ingredients:

- 1 cup rolled oats, uncooked
- 1 cup cooked and cooled quinoa
- ½ cup walnut pieces
- 1 small beet, finely grated (about 5 oz. total)
- ½ yellow onion, rough chopped
- 1 small portabella mushroom, rough chopped (or 3 baby bellas)
- 1 can (BPA free) pinto beans, rinsed and dried in the oven
- 2 Tbsp. tahini or almond butter
- ½ cup chopped fresh basil
- 2 large cloves garlic
- 1 Tbsp. whole grain Dijon mustard
- 1 Tbsp. white miso paste
- 1 Tbsp ground flaxseeds
- 1Tbsp nutritional yeast
- 1 tsp onion powder
- 1 tsp kosher salt
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp black pepper
- Avocado oil spray

Directions

1. Preheat oven to 375. While oven is preheating, dry beans on a ¼ sheet pan in the oven.
2. Grate the beet using the small grater on your food processor. Remove to large bowl.
3. Pulse the oats, walnuts, garlic, onion, and mushroom 4-5 pulses. Add the beans, tahini, flaxseeds, and basil and pulse another 2-3 pulses. Add the remaining ingredients including the grated beets and pulse to mix well.
4. Pinch some of the mixture between your thumb and index finger to test whether it holds together. If the mixture is too wet, add more oats. If the mixture is too dry, add a little water, 1 Tbsp at a time.
5. Using your hands, shape into 6 to 8- 3/4" (a generous 1/2 cup each) patties and place gently on a parchment paper lined sheet pan. Refrigerate tray for about 30 minutes.



RECIPE

Nutrition Facts

Servings: 6

Amount per serving

Calories **291**

% Daily Value*

Total Fat 10.3g 13%

Saturated Fat 0.8g 4%

Cholesterol 0mg 0%

Sodium 446mg 19%

Total Carbohydrate 39.2g 14%

Dietary Fiber 7.6g 27%

Total Sugars 3.1g

Protein 12.5g

Vitamin D 0mcg 0%

Calcium 58mg 4%

Iron 3mg 19%

Potassium 462mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

6. Spray both top and bottom of patties with avocado oil spray. Bake until hot and lightly browned, turning once, about 30 minutes. Allow to cool a few minutes before serving.

- These freeze well and can be cooked directly from frozen either in the oven or grill.