

My favourite Veggie Burger Recipe | A twist on the Hillstone Veggie Burger

- Serves: 6-8

Ingredients:

- 1/2 cup of Wild Rice
- 1 medium onion, diced small
- 3 large red beets, diced small
- 1/4 cup of chopped prunes
- 3-4 cloves garlic, minced
- 2 tbsp cider vinegar
- 1 can black beans, drained
- 1/4 cup of prunes, chopped
- Extra-virgin olive oil
- Juice from 1/2 lemon
- 2 tbsp parsley, minced
- 1/2 tsp coriander
- 1/2 tsp dried thyme
- 2 tbsp all purpose flour (can be substituted for gluten free)
- salt and pepper
- 1 large egg (optional, skip for vegan)
- Sliced cheddar cheese (optional, skip for vegan)

Method:

- Bring a large pot of water to a boil, add about 2 tbsp of salt and all the rice and reduce the heat. Cook the rice for about 40 mins, until it is slightly overcooked. Drain the rice and set aside.
- Heat 1 tsp of olive oil in a skillet over medium-high heat. Reduce heat to medium, add the onions, and cook till translucent. Add the beets, cover the pot and cook until the

beets are tender, stirring occasionally. Add the garlic for another 30 seconds. Deglaze the pan using the cider vinegar.

- Empty the black beans and prunes into a large bowl and use a fork to mash them up a bit. Add the cooked rice, the beet and onion mixture, the lemon juice, 1 tbsp of olive oil, and all the spices. Stir the mixture until everything is combined and then taste before adding desired amount of salt and pepper.
- Add the flour and continue to stir until combined.
- Add the egg and stir until combined (skip for vegan)
- Heat a cast-iron skillet over high heat. Add a few tablespoons olive oil to completely coat the bottom of the pan. when a drop of water sizzles on contact, the pan is ready.
- Using your hands, scoop up about 3/4 cup of the mixture and shape into a patty (you can use 1 cup for a larger patty and 1/2 cup for sliders). Place it on the pan, and it should start to sizzle immediately. Add as many more patty's as will fit the pan, flipping each one over after it cooks for 2-3 minutes.
Just re-shape them with the spatula if they break, and cook on the other side for an additional 2 mins.
- If you want the cheese slightly melted, you can add it when there is a minute left of cooking (skip for vegan)
- Serve the burgers on lightly toasted buns, and add greens, sliced tomato, pickles and desired condiments.
- (Leftover mix can be refrigerated for later use for a few days).