



Grilled Jalapeño Burgers (Vegan)

Ingredients:

- 2 T. jalapeno peppers – diced
- 2 cloves garlic – minced fine
- 3 T black olives – diced
- 4 T. red bell peppers – diced fine
- 1 small onion-diced and cooked till tender (microwave or skillet)
- 1 c. black beans
- 1 c. navy beans (or white bean of your choice)
- 1 T. McKay's Chicken Style Seasoning
- ½ t. sage-ground
- ½ t. red pepper flakes
- 1 t. cumin
- 1 t. celery salt
- 1 t. paprika
- 1 t. chili powder
- ½ t. oregano-dried
- 1 T parsley-chopped fine (or dried flakes)
- 4 T. seasoned bread crumbs
- 1 ½ c. quick oats
- 1 T. corn starch
- 1/3 c. almond milk (more if needed to moisten)
- ¼ c. Grapeseed Oil Vegenaize
- to taste salt



Directions:

In a large mixing bowl, combine all ingredients and mix well, then refrigerate for 30 min. Make 6 round patties, (1/2 c. each) and place on baking sheet sprayed with non-stick cooking spray. Bake for 30 min at 375 degrees. Remove from oven. Spray grill with non-stick cooking spray. Grill patties 5-8 minutes or until done, turning once. When burgers are almost finished, place buns on grill, flat side down, just until golden brown. Place burgers inside grilled buns and serve with your favorite condiments.

Yields: 6 burgers (1/2 cup ea)

***If you love a burger with a little heat in it, this is the one for you! I love the flavor that the jalapeno peppers give and the grilled flavor just tops it off! On rainy days just skip the grill and enjoy right from the oven or fry with a little olive oil in a skillet! Either way....these are real crowd pleasers! You can make them ahead of time and freeze, cooked or uncooked!*