

# Black Bean Oatmeal Burgers

## Ingredients

- 2 cups Quaker® Oats (quick or old fashioned, uncooked) ,divided
- 1 can (15 oz) no-salt-added black beans, drained
- 1/2 tbsp olive oil, divided
- 1 ½ cups coarsely chopped peeled eggplant
- 1 cup coarsely chopped cremini or button mushrooms
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 tsp dried thyme leaves, crushed
- Coarse grind black pepper
- 2 egg whites
- 1/2 cup chopped parsley (optional)
- 1/4 tsp salt (optional)

## How to make it

1. Place 1 ½ cups oats and beans in food processor. Heat 1/2 tablespoon olive oil in large nonstick skillet over medium heat. Add eggplant, mushrooms, onion and garlic.
2. Cook 10 minutes or until eggplant is tender, stirring frequently; reduce heat to medium-low if ingredients are browning too quickly. Stir in thyme and black pepper, as desired. Cool slightly.
3. Meanwhile, pulse oats and beans to combine; mixture should be chunky. Add eggplant mixture to food processor with oats. Add egg whites. Pulse just until mixture is combined but still has texture. Mixture should be moist. (Add reserved bean liquid a small amount at a time if more moisture is needed.)
4. Stir in remaining 1/2 cup oats, parsley and salt, if desired. Let stand 5 to 10 minutes.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	20 min	30 min	4

## Made with



**Quaker® Oats-Old Fashioned**

5. Shape into 4 patties. Heat remaining 1/2 tablespoon of oil in large nonstick skillet over medium-low to medium heat. Cook patties 3 to 5 minutes per side, until browned as desired.