

Oatmeal Veggie Burgers

Ingredients

- 3 tsp vegetable oil, divided
- 1 cup sliced mushrooms
- 1 cup shredded carrots (about 2)
- 3/4 cup chopped onion (about 1 medium)
- 3/4 cup chopped zucchini (about 1 small)
- 2 cups Quaker® Oats-Old Fashioned (uncooked)
- 1 (15 oz) can kidney beans, rinsed and drained
- 1 cup cooked white or brown rice
- 2 tbsp soy sauce or 1/2 tsp salt
- 1 tsp minced garlic
- 1/8 tsp black pepper
- 1/2 cup chopped fresh cilantro or chives (optional)
- Hamburger buns and toppings (optional)

How to make it

1. Heat 1 tsp oil in large nonstick skillet.
2. Add mushrooms, carrots, onions and zucchini; cook over medium-high heat 5 minutes or until vegetables are tender.
3. Transfer vegetables to food processor bowl.
4. Add oats, beans, rice, soy sauce, garlic, pepper, and cilantro or chives if desired.
5. Pulse for about 20 seconds or until well blended.
6. Divide into eight 1/2 cup portions.
7. Shape into patties between waxed paper.
8. Refrigerate at least 1 hour or until firm.
9. Heat remaining 2 tsp oil in same skillet over medium-high heat.



| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|-----------|-----------|------------|----------|
| 10 min | 15 min | 25 min | 8 |

Made with



Quaker® Oats-Old Fashioned

10. Cook patties 3 to 4 minutes on each side or until golden brown.
11. Serve on buns with toppings, if desired.