



Veggie Burger

Instructions:

Blend the ingredients in a food processor.

Form into 4 patties.

Bake on 350 for 30 minutes or until desired consistency.

Makes 4 servings

1 burger with 2 slices of whole wheat bread counts as 1 lunch

Prep Time:

10 minutes

Cook Time:

30 minutes

Ingredients:

2 carrots

1 medium onion

1/4 cup oat bran

15 oz. can black beans -
drained

1 red pepper

1 cup mushrooms

1 TBSP. oil

1 egg

salt, pepper, & garlic
powder to taste

cumin to taste - optional

Pam