



## Veggie Burger

### Instructions:

Blend the ingredients in a food processor.

Form into 5 patties.

Bake on 350 for 30 minutes or until desired consistency.

### Makes 5 servings

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

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### Prep Time:

10 minutes

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### Cook Time:

30 minutes

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### 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