

## The ByziMom's favorite **Great Fast Burgers**



### **Preparation:**

In a large pot over medium heat, saute the vegetables, adding tablespoons of water as needed to prevent sticking, until they are softened and just lightly browned. Add the beans, then the oats, stirring to combine. Next, add the rest of the ingredients and continue to cook over medium heat until the mixture becomes very thick and pulls away from the sides of the pan, just like really thick oatmeal. Remove from heat. Scoop balls of the mixture into a ring mold, placed on a parchment-lined baking sheet and press with the back of a spoon to form burger patties about ½ inch thick. Alternatively, you can scoop the mixture onto the parchment and use the back of a drinking glass, dipped in water, to press the burgers flat. These can be left to set up for up to an hour before baking, refrigerated overnight, or frozen at this stage. Bake the burgers at 350 degrees for 15 minutes, then flip, and bake for an additional five minutes.

### **Second Helpings:**

These are great for making ahead. Just individually wrap and freeze them and bake in the toaster oven, or fry in a skillet or an air-fryer whenever a quick sandwich is needed.



### **Ingredients**

- 2 cups vegetables, diced small ( *So...we honestly use anything leftover from the night before but if we had our perfect way we'd use a mixture of onion, peppers, mushrooms, carrot, celery, and red cabbage...colorful too!* )
- 2 cans small red beans. Drained and rinsed (honestly, any beans are fine)
- 2 cups rolled oats
- 2 cups water
- 2 Tbsp nutritional yeast
- 2 Tsp Braggs liquid aminos, tamari, or soy sauce
- 2 dashes Worcestershire
- 2 dashes liquid smoke (optional)
- 2 tsp oregano
- Salt, pepper, and any other favorite spices, to taste

### **Variations:**

**Chicken style:** Use carrots, celery and onion for the vegetables with white beans and poultry seasoning. These are great when coated with a flax egg and panko bread crumb before baking!

**Southwestern:** Use bell and pablano peppers, onions, and cilantro with black beans and taco seasoning.

**Broccoli Bites:** Use all broccoli with white beans and just salt and pepper, and use small tablespoons of the mixture instead of shaping them into burgers. Dredge in a flax egg and panko bread crumb before baking. Kids love these for lunch dipped in cashew cheese sauce...check that out in recipes to follow!...you're welcome!

**Crabby Cakes:** Use onion, celery and jackfruit (canned, in brine: rinsed and drained); use white beans, and substitute chopped parsley, lemon zest and some old bay for the herbs and seasonings!

**Italian Sausages:** Use onion and some red bell pepper for the veg, and add oregano, red pepper flakes, and fennel seed for the spices.

**Breakfast Sausage:** Use onion and some bell pepper for the veg, add poultry seasoning, and a dash of nutmeg, and a tsp of brown sugar or maple syrup.