



Makes 9 burgers
Preparation Time: 30 minutes
Cook Time: 40 minutes

INGREDIENTS:

2 cups cooked brown rice
1 can (15 ounces) kidney beans,
rinsed and drained
½ cup cornmeal
½ cup barley flour
1 cup minced onion
1-2 large cloves garlic, minced
½ teaspoon cumin
1 teaspoon hot sauce (optional)
¾ teaspoon salt
½ teaspoon pepper
½ cup frozen corn kernels
1 cup finely diced tomato
1 cup chopped fresh broccoli
florets

Rainbow Veggie Burgers

This veggie burger is a combination of what I loved from other veggie burgers that I have made in the past. Adapt it any way you like. You can use any type of bean or raw veggies you have on hand. Maybe you have scallions instead of an onion? Use that instead! You cannot mess this up. These other healthy [vegan burger recipes](#) are waiting for you to try.

Find this recipe and more bbq ideas in the [Forks Over Knives Recipe App](#).

By Wendy Solganik

- 1 Preheat oven to 350° F.
- 2 Prepare 3 cookie sheets with aluminum foil or parchment paper.
- 3 Place rice, beans, cornmeal, barley flour, onion, garlic, cumin, hot sauce (optional), salt and pepper into a large mixing bowl. With clean hands, squish and knead ingredients until everything is well incorporated.
- 4 Add corn, tomato and broccoli. Gently squish together with rice and bean mixture.
- 5 Scoop about a cup of the mixture into your hands and form a ball. Place ball onto the prepared baking sheet and press down onto the top of the ball until the ingredients have formed a burger shape, about ½" thick.
- 6 Repeat until all ingredients are made into burgers. Bake for 15-20 minutes. Remove from oven; flip all of the burgers and place sheets back into the oven (I recommend rotating the placement of the sheets in the oven for more even baking). Bake for an additional 20 minutes. The exterior of the burgers should be slightly brown and crispy.
- 7 Serve on a whole-wheat bun with all of your favorite burger fixin's. Or serve over a salad. Store leftovers in the refrigerator. To warm burgers, toast in a toaster oven for a nice crispy outside.