



Makes 12 burgers
Preparation Time: 40 minutes
Cook Time: 40 minutes

INGREDIENTS:

- 1 cup finely chopped onion
- 2 cups finely chopped fresh trumpet mushrooms (about 4 oz.; see tip in intro)
- 2 cups finely chopped carrots
- 2 cups finely chopped green beans
- 1 cup finely chopped celery
- ¼ cup chopped fresh Italian parsley
- 12 cloves garlic, minced
- 2 15-oz. cans cannellini beans, rinsed and drained (3 cups)
- 1 cup cooked short grain brown rice
- 4½ teaspoons dried Italian seasoning, crushed
- 1 tablespoon white wine vinegar
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon crushed red pepper (optional)
- Yellow mustard
- Ketchup
- 12 whole grain burger buns
- 12 romaine lettuce leaves
- 2 tomatoes, thinly sliced
- 1 small red onion, thinly sliced

Tuscan White Bean Burgers

A good veggie burger should stick together without crumbling, fill your belly as a main course, and be packed full of flavor. These white bean burgers easily knock those requirements out of the park. Inspired by the aromatic flavors of Tuscany, each patty is seasoned with Italian herbs and features the umami-rich flavor of trumpet [mushrooms](#). Cannellini beans, brown rice, [carrots](#), green beans, and celery also make their way into the mix, ensuring each bite is bursting with healthy produce. (When cooking the patty mixture, the skillet needs to be wide to give a large surface for the liquid to cook off. If the mixture is too moist, you can spread it on a baking sheet and bake for 20 minutes at 300°F before shaping it into patties and baking again as directed in Steps 3–5.) Once the patties are out of the oven, assemble your sandwich on whole wheat buns and garnish with your favorite toppings and sauces.

Tips:

When shopping for burger buns, look for oil-free options that list 100 percent whole grains on the label. We recommend the whole grain buns from the Food for Life Ezekiel 4.9 product line.

Trumpet mushrooms are also known as king trumpet mushrooms, king oyster mushrooms, and French horn mushrooms.

For more mealtime inspiration, check out these tasty ideas:

- [Pineapple Teriyaki Burgers](#)
- [Sun-Dried Tomato and Chickpea Sliders](#)
- [Air-Fryer Portobello Burgers with Thousand Island Aioli](#)
- Or take a look at our full [collection of veggie burgers](#)

By Darshana Thacker Wendel

- 1 In a food processor combine the first seven ingredients (through garlic). Pulse into small bits.
- 2 Transfer mixture to a large skillet. Cook over medium 15 minutes or until moisture has cooked off, stirring frequently. (Do not add any liquid.) Add the next seven ingredients (through crushed red pepper, if using). Mix well and coarsely mash. Remove from heat; cool.
- 3 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 4 Shape bean mixture into twelve 3-inch patties, using ⅓ cup mixture per patty, and arrange on prepared baking sheet. Bake 35 to 40 minutes or until evenly browned.
- 5 Spread mustard and ketchup on buns. Add lettuce, burgers, tomato slices, and onion slices. If desired, sprinkle with additional parsley.