



Makes 6 to 8 patties
Cook Time: 1 hours

INGREDIENTS:

¼ cup dry wild rice
⅓ cup dry brown rice
⅓ cup dry quinoa
3 cups cooked or canned black beans, rinsed and drained
1 small onion, chopped
1 cup mushrooms, chopped
3 to 4 cloves garlic, chopped
½ cup rolled oats
3 tablespoons reduced-sodium soy sauce
2 teaspoons ground cumin
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon ground coriander
1 pinch salt

Easy Veggie Patties for Plant-Based Burgers

Mixed with a lot of nutritious grains, veggies, and spices, this veggie patty recipe is great for veggie burgers. It's also fantastic as a vegan veggie crumble (in place of ground meat) for burritos, wraps, and food pies! I used it for gyoza dumplings the other day, adding some garlic and Japanese "nira" (garlic chives), and it was so good! We've rounded up even more [easy veggie burger recipes](#) for you to enjoy!

Adapted from **Yukitchen**

By Yuki Matsumura

- 1** In a large saucepan, combine the wild rice, brown rice, quinoa, and 2 cups water. Bring to a boil, reduce heat, cover and simmer for 35 to 40 minutes.
- 2** Meanwhile, in a large bowl, thoroughly mash the beans. Add the chopped onion, mushrooms, and garlic. Mix well.
- 3** When grains are done, add them to the mashed beans mixture along with the oats, soy sauce, cumin, black pepper, cayenne, coriander, and salt. Mash again.
- 4** Use your hands to mix the veggie "meat" and shape it into 6 to 8 patties. If the mixture is too wet and doesn't stick together, add more oats little by little until the mixture sticks together.
- 5** Grill the patties over medium-high heat until they turn a little bit brown and crunchy outside. Note: You can wrap any unused portion and store it in the fridge for 5 to 6 days.