

Recipes makes: 10 Servings

Nutrition Facts

servings per container	
Serving size	(135g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 730mg	32%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	

Ingredients-

-  1 ¼ C walnut halves (optional)
-  8 oz Portobello mushrooms, chopped
-  3 oz **D'Avolio Butter Olive Oil**
-  1 ½ C **D'Avolio black beans**, cooked
-  ¼ C **D'Avolio Tangerine Balsamic Vinegar**
-  ½ C uncooked regular rolled oats
-  2 Tbsp grated red beets
-  2 Tbsp vegan mayonnaise
-  1 Tbsp soy sauce
-  2 ¼ tsp kosher salt
-  2 tsp black pepper
-  4 garlic cloves, grated
-  10 hamburger buns

PREPARATION:

1. (Optional w. walnuts) Process walnuts in a food processor until finely ground. Place ground walnuts in a bowl.
2. Process Portobello mushrooms in a food processor until chopped.
3. Add butter olive oil; process just until combined.
4. Add mushroom mixture, cooked brown rice, oats, beans, beet, mayonnaise, soy sauce, salt, pepper, and garlic to ground walnuts (walnuts optional); mix thoroughly to combine. Chill 1 hour.
5. Shape mixture into 10 (1/2-inch thick) patties.
6. Heat a grill pan over high. Coat with cooking spray. Cook patties until heated through and lightly charred, about 3 minutes per side.
7. Remove from pan, and serve on buns with your favorite burger toppings.
8. Enjoy!