



Chili Burgers

1 cup chopped onions
4 garlic cloves, minced or pressed
2 teaspoons olive oil
½ cup peeled and grated carrots
1 ½ teaspoons chili powder
1 teaspoon ground cumin
3 cups cooked pinto or kidney beans (2 15-oz. cans, drained)
2 tablespoons Dijon mustard
2 tablespoons soy sauce
2 tablespoons ketchup or 1 tablespoon tomato paste
1 ½ cups rolled oats
Salt and ground black pepper to taste

Sauté the onions and garlic in oil for about 5 minutes, until the onions begin to soften. Add the carrots, chili powder and cumin, and cook on low heat for 5 minutes. Set aside.

Mash beans in a large bowl with a potato masher or the back of a spoon. Add the mustard, soy sauce, ketchup or tomato paste, and the sautéed vegetables. Mix in the oats. Add salt and pepper to taste.

Moisten your hands and form burger mixture into six 3-4 inch patties. Lightly spray or oil a nonstick skillet and cook burgers on medium-low heat for 5-8 minutes on each side.

Serves 6. *Per burger: 360 calories, 63 grams carbohydrate, 5 grams fat, 0 mg cholesterol 16 grams fiber, 437 mg sodium.*

From *Moosewood Restaurant Low-Fat Favorites*, our new “Cookbook of the Quarter,” available at Asheville’s Barnes & Noble discounted 20% through June 2003.

Often homemade vegetarian burgers don’t hold up well during the cooking process or they have a less than exciting flavor. These chili burgers have a wonderful rich taste and a moist smooth texture that holds together well during cooking. Make sure to pile on the tomatoes and lettuce (not iceberg) if you choose to put your burger on a whole-wheat bun.

Your partners in health,
Candace and Lucy