



Carrot & White Bean Veggie Burgers

Servings: 4 big burgers **Source:** lukasvolger.com

INGREDIENTS

Makes 4 big burgers (or 6 smaller ones)

Olive oil

1/2 cup panko

3 shallots, or 1 small onion, diced

1 tablespoon tomato paste

1 1/2 teaspoons salt

1 cup grated carrot (from 2 medium carrots)

1 1/2 tablespoons apple cider vinegar

Two 15-ounce cans cannellini or other white beans, drained and rinsed

1 egg, beaten

Freshly ground black pepper

Burger accompaniments, as you like

DIRECTIONS

Heat 1 tablespoon olive oil in a medium skillet over low heat. Add the panko and cook, stirring often, until lightly browned and crisp, 3 to 5 minutes. Transfer to a bowl or plate, then return the pan to the heat.

Add 2 tablespoons olive oil to the skillet, followed by the onion. Cook until softened and lightly golden, 8 to 10 minutes. Stir in the tomato paste, salt, and carrots and stir frequently until the carrots are soft and a bit blistered, another 8 to 10 minutes. Deglaze with the vinegar, scraping up all the browned bits until the pan is dry. Remove from the heat and add the toasted panko and beans. Use a wooden spoon or spatula to very coarsely mash the mixture until a bit pasty and the mixture coheres in places—there should still be plenty of beans intact. Stir in the egg and pepper to taste. Shape into 4 patties (a 4-inch ring mold or biscuit cutter makes this quick and easy), or 6 smaller burgers, or 10 to 12 sliders.

To cook the veggie burgers, heat a thin layer of olive oil in a wide skillet over medium heat and carefully cook until browned and slightly firm to the touch, 3 to 4 minutes per side. It may be necessary to cook in batches. Serve hot or at room temperature, with accompaniments as desired.