

VEGGIE BURGERS

Ingredients:

2 T olive oil
2 shallots, diced
4 cloves garlic, minced
6 baby bella mushrooms, diced
salt + pepper
1 (15 oz) can pinto beans, rinsed and drained
3/4 cup cooked quinoa
1 T cumin
pinch paprika
pinch chili powder
pinch chipotle smoked pepper
pinch of thyme
splash of worcestershire sauce
1/2 cup raw walnuts, ground
1/2 cup parmesan cheese, grated fine
goat cheese
brie
light brioche buns, for serving (3.5 oz. ones work perf)
avocado
tomato
garlic mustard

Directions:

Preheat oven to 400F. Line a baking half sheet with parchment. Heat olive oil in a pan in a large sauté pan. Using your food processor or mad knife skills, dice the shallots. Add to the warm pan. Add garlic (food processor-ed) mushrooms. Add a pinch of salt and pepper. Cook until shallots are soft and mushrooms are cooked. Transfer to a large bowl.

Add pinto beans and mash until bean are mostly smashed. Stir in quinoa, spices and worcestershire sauce. Stir in walnuts (food processor-ed again!) and parmesan. Taste and season more, to taste. (Use whatever spices your heart desires! I just used this willy nilly combo above.)

Divide into 8 patties. Bake in the oven for 40 minutes, flipping once, or until crisp. Top with goat cheese and brie. Turn oven off and allow cheese to melt. Serve on buttered and toasted light brioche buns with garlic mustard, tomato and avocado.

SWEET POTATO FRIES

Ingredients:

4 sweet potatoes, cut into fries
2 T olive oil
kosher salt + pepper
pinch cayenne pepper
1/2 t paprika
Directions:

Cut potatoes into fries! About 4 potatoes per 2 people, depending on size. Place on a foil lined baking half sheet. Drizzle with olive oil, salt pepper, cayenne and paprika. Toss to coat. Roast in the oven with the veggie burgers, tossing once until crispy with black bits. Remove and sprinkle with additional salt and pepper. Serve with veggie burgers.