

# 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.