



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND
Bean and Rice Burgers



1 cup Cooked brown rice
1 1/2 cup Cooked beans — pink, kidney,
1/2 cup Spelt flour (or quinoa)
1 tablespoon butter
1 medium Onion — diced
1 Clove Garlic — mashed
1 tablespoon Sea Salt

— optional to thicken —
1 cup Cooked mashed potatoes
1/2 cup Cornmeal
1/2 cup Oat Bran
1 small Pepper — diced
1 Grated carrot

Heat greased grill or electric frypan on med heat. Mash beans. Add all ingredients and mix well (If dry-add a 1/4 to 1/2 cup of soy, nut, or rice milk. Of coarse you also could use whole milk. Be sure you don't thin it too much or it will be mush. Look for a 'hamburger' consistency). Spoon about 2 heaping tablespoons of mush onto grill or frypan for each burger and flatten with greased spoon. Turn several times rather than just once on each side like conventional burgers, they have a better texture that way.

Or, you can grease a 13"x9" glass baking pan and bake at 350°F for 30 minutes. Just spread mix in pan and cook uncovered. Use a pancake turner to cut and remove cooked 'burger'.