

INDIAN VEGGIE BURGER

Indian Veggie Burger

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 burger with no bun)

Nutrition (per serving)

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|--------------------|------------------------|
| Calories: 190 | Total Carbohydrate: 28 |
| Total Fat: 1 g | Dietary Fiber: 11 g |
| Saturated Fat: 0 g | Protein: 11 g |
| Sodium: 383 mg | |

Ingredients

- 2 cups garbanzo beans, drained and rinsed
- 1 cup black beans, drained and rinsed
- ¼ cup red onion, finely diced
- ¼ cup raw mushrooms, finely diced
- 1 Tablespoon minced garlic
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon black pepper
- ½ teaspoon salt
- Non-stick cooking spray

Directions

1. Blend beans in food processor until smooth.
2. Combine blended beans, veggies and seasonings in a medium bowl.
3. Form into 4 patties.
4. Spray skillet with cooking spray and cook veggie burgers on medium heat, uncovered for 6-9 minutes on both sides.
5. Serve on a whole grain bun (or gluten free bun) with condiments of your choice.