



Cannellini Bean Burgers

Makes 8 portions (1/2 inch thick burgers)

Ingredients:

| | |
|----------------|--|
| 1 oz. | Olive Oil |
| 6 oz. | Onion – fine dice |
| 3 cloves | Garlic – minced |
| 2/3 cup | Carrots – grated |
| 2 -15 oz. cans | Cannellini Beans – drain the liquid from 1 can |
| 3 tbsp. | Fresh Lemon Juice |
| ½ cup | Fresh Parsley – chopped |
| 2 tsp. | Fresh Thyme – leaves |
| 1 ½ cup | Bread Crumbs – seasoned |
| 1 | Egg – lightly beaten |
| To taste | Salt and Pepper |

Directions:

Heat sauté pan, add oil and heat. Add the onion and sauté until translucent and tender.

Add the garlic and carrots and sauté for 2 minutes.

In a food processor, puree the beans with the liquid from 1 can and lemon juice. Pour into a bowl.

Add the onion mixture and blend well.

Add the parsley, thyme, bread crumbs, egg and salt and pepper.

Mix well to thoroughly blend the ingredients

With moist hands form into ½" thick burgers (about 3-4" round)

Place the burgers on a pan lined with parchment paper, cover with plastic wrap and refrigerate for at 1 - 2 hours to allow to set up.

When ready to cook:

Heat oil in a pan, season the burger with salt and pepper. Place in the hot oil and cook for 4 minutes per side.

Be careful flipping as these are somewhat delicate. BE PATIENT

To Serve:

After the burger is cooked, place on a good quality bun and top with your choice of condiments

©2016 Team Four Foodservice, all rights reserved