

Umami Eggplant-Mushroom Burgers

By Katie Mae, *TheCulinaryGym.com*

Makes 10–12 burgers | Ready in 45 minutes | Stores 5 days in fridge

INGREDIENTS

- 10 cremini mushrooms, chopped (2 cups)
- 5 celery stalks, chopped
- 1 eggplant, chopped
- ½ cup walnuts or pecans
- ¼ cup ground flaxseed
- 1½ cups cooked kidney beans (14 oz can, drained and rinsed)
- 1 cup cooked wild rice or forbidden rice
- 2 tablespoons nutritional yeast (optional)
- 1 teaspoon dried thyme
- ½ teaspoon ground rosemary

ACTION STEPS

1. Preheat oven to 375°F. Use air-fryer setting if available. Line a baking sheet with parchment paper.
2. Add the mushrooms, celery, and eggplant to a sauté pan over medium heat. Cover and sauté for 5 minutes, or until the vegetables are tender.
3. Transfer the veggies to a large food processor. Add the walnuts, flaxseed, beans, wild rice, nutritional yeast, thyme, and rosemary. Pulse a few times to mix well, but still, you want to leave it semi-chunky.
4. Transfer what's in the food processor to a large bowl. Use your hands to form mixture into a patty that is about ¾-inch thick and 3 to 4 inches wide. Place it on the prepared baking sheet, and repeat with the rest of the mixture.
5. Bake for 25 minutes, or until browned to your desired consistency. Flip the burgers after 15 minutes for even cooking.

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