



## Morgan's Veggie Patties

PREP TIME	TOTAL TIME	SERVES
45 Min	51 Min	4



Guy Fieri

These meatless veggie burgers are jam-packed with flavour. Perfect for a barbeque.

### Directions for: Morgan's Veggie Patties

#### INGREDIENTS

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- 2 oz olive oil
- 3 Tbsp diced red onion
- 2 Tbsp diced black olives
- 2 Tbsp diced red bell peppers
- 1 tsp diced jalapeno
- 1 ½ Tbsp diced garlic
- 1 Tbsp diced artichoke
- 4 oz black beans, drained
- 4 oz chickpeas, drained
- 4 oz white beans, drained
- 6 oz rolled oats
- ½ tsp Hungarian paprika
- ½ tsp chili powder
- 1 tsp dried oregano
- 1 Tbsp minced fresh parsley leaves
- ½ tsp red chili flakes
- ½ tsp ground cumin
- ½ tsp celery salt
- ¼ tsp ground sage
- 2 Tbsp seasoned bread crumbs
- 1 egg

#### DIRECTIONS

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1. In a medium sauté pan over medium heat, add 1 oz olive oil and all raw vegetables except the beans. Sauté until translucent. Remove and cool.
  2. Add veggies to beans and mix thoroughly. Add all dry ingredients along with the egg. Thoroughly mix all ingredients and form into 4 patties, cover and refrigerate for 30 minutes.
  3. In sauté pan add 1 oz olive oil, and cook patties 2-3 minutes per side.

See more: [Vegetables](#), [Dinner](#), [Lunch](#), [Main](#)

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<http://www.foodnetwork.ca/recipe/morgans-veggie-patties/16140/>