

Black-Eyed Pea Vegan Burgers

Adapted from "Cranks Fast Food" by Nadine Abensur

A veggie burger shouldn't taste like a science experiment gone wrong. Mushrooms and black-eyed peas give these vegan burgers the right moisture and density, plus bold natural flavors.

What to buy: Tamari is wheat-free soy sauce; it can be found in gourmet groceries and Asian markets. Or use Bragg's Amino or Coconut amino acids if avoiding soy.

Ingredients: Makes: 4 burgers

2 tablespoons olive or coconut oil
6 med cremini mushrooms (about 4 ounces), cleaned, stemmed, and sliced
1/4 inch thick sea salt to taste
Freshly ground black pepper to taste
1 medium shallot, peeled and finely chopped (about 2 tablespoons)
1 medium garlic clove, peeled and minced
1 (15-ounce) can black-eyed peas, drained and rinsed *
1 medium scallion, thinly sliced (white and light green parts only)
2 tablespoons finely chopped fresh cilantro leaves and stems (or parsley)
1/2 teaspoon tamari, plus more as needed (or Bragg's amino acids)
1/4 teaspoon Tabasco Sauce, plus more as needed
4 vegan sprouted kamut rolls or flatbreads, for serving

Instructions:

1. Heat 1 tablespoon of the oil in a large frying pan over medium heat until shimmering.
Add the mushrooms, season with salt and pepper, and cook, stirring occasionally, until browned, about 2 to 3 minutes. Add the shallot and garlic and cook until fragrant and softened, about 2 minutes. Transfer the mushroom mixture to a small bowl and wipe the pan clean with paper towels; set aside.
2. Place the peas in a large bowl and mash with the back of a spoon or a potato masher, leaving a few of the peas intact. Add the mushroom mixture, scallion, cilantro, tamari, and Tabasco and mix until combined. Taste and season with more salt, pepper, tamari, and Tabasco as needed. Using your hands, form the mixture into 4 (3- inch-wide) patties (about 1/3 cup each).
3. Heat the remaining 2 tablespoons oil in the reserved frying pan over medium-high heat until shimmering. Add the patties and fry until the outsides are browned, about 5 to 6 minutes per side. Serve on raw buns or flatbreads with your favorite toppings.

* Note – You can use sprouted black-eyed peas, too or Cook your own Black-eyed peas if you have time. Soak overnight, drain and cook until al dente.

