

# Pandorable Veggie Patty



**Servings: 7**

**Yield: 7 patties**

*3 cups beans, any type, rinsed and drained*

*2 cups quick cooking oats*

*3/4 cup liquid (Worcestershire, ketchup, buffalo, mustard, etc.)*

*2 tbslp spices of choice, or herbs*

*1 tbslp sea salt*

*2 1/2 cups mixed veggies, thaw, if using frozen*

*Top with cheezy sauce*

Preheat oven to 425.

Place thawed veggies in the food processor and pulse until they are gravel-sized; they should still have texture to them. Pour into a large mixing bowl.

Repeat this process with the beans, this time pureeing them. Add liquid to processor, to facilitate pureeing. Add beans to oat mixture. (My preferred liquid mix is 1/8 cup mustard, 1/3 cup ketchup, 1/3 cup vegan worcestershire sauce.)

Add remaining ingredients and combine with your hand well, until it resembles meatloaf consistency. Add liquid as needed in small amounts, as you don't want these to be too wet.

Bake 15 minutes and flip. Cook an additional 10, until patties are firm but not overcooked.

Alternately, you can mash the beans by hand or with a potato masher. This recipe also works if the veggies aren't pulsed in the food processor; the finished product will just have a slightly chunkier texture.

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Per Serving (excluding unknown items): 387 Calories; 3g Fat (5.9% calories from fat); 24g Protein; 70g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 282mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fat.