

# JENNI MARIE'S TEST KITCHEN

[www.JMtestkitchen.com](http://www.JMtestkitchen.com)

## Wild Rice Veggie Burger (makes 20oz. or 4-5 burgers)

### Equipment Needed:

- Skillet
- Small Saucepan with Lid
- Large Mixing Bowl
- Cutting Board & Chef's Knife
- Kitchen Scale
- Measuring Cups & Spoons

### Directions:

1). Rinse & drain wild rice. Combine rice and water in a small saucepan. Bring to a boil, reduce to low heat, cover and let simmer for 45 minutes. Remove from heat after 45 (or when all water is absorbed) and let sit undisturbed for another 15-20 minutes while you work on the rest of the food prep.

- **1/2 C. Wild Rice**
- **2 C. Cold Water**

2). Wash and fine chop mushrooms and veggies. Heat skillet over medium high heat, add oil to the pan, followed by chopped mushrooms & veggies. Sauté, stirring frequently, until all liquid is all cooked off. Season with a pinch of salt & pepper. Remove from heat and set aside to cool.

- **140g. (6 or 7 whole) White Mushrooms** (sub with firm tofu)
- **50g. (1/3 C.) Fine Chopped Red Bell Pepper**
- **50g. (1/3 C.) Fine Chopped Celery**
- **2 T. Garlic Oil** (or regular olive oil)
- **Pinch Salt & Pepper**

3). In a large mixing bowl combine cooled veggies & wild rice. Add seasonings, chives, nuts, parmesan, mayo, eggs and breadcrumbs. Mix everything well, wrap tightly in plastic wrap and refrigerate for 30-60 minutes.

- **1/2 t. Kosher Salt**
- **1/8 t. Black Pepper**
- **1/8 t. Cayenne Pepper**
- **1/4 t. Dried Thyme**
- **1/4 t. Dried Oregano**
- **1/4 t. Paprika**
- **1 T. Fresh Parsley** (or 1 t. dried)
- **3 T. Fresh Chopped Chives** (sub with 1/4 t. onion powder)
- **60g. (1/2 C.) Chopped Pecans** (sub w/ walnuts)
- **42g. (1/3 C.) Shredded Parmesan** (sub with Nutritional Yeast or non-dairy cheese for vegan)
- **30g. (2 T.) Mayonnaise**
- **60g. (1/2 C.) Plain Breadcrumbs**
- **1 Large Egg**
- **1 Egg Yolk**

4). When you're ready to cook the burgers, place 1/4 C. panko breadcrumbs or crushed crackers onto a small plate. Patty burgers and press each side into the crumbs. Heat skillet on med high heat and add 2 T. olive oil to the hot pan. Place burgers into hot pan and cook for 2-3 minutes per side or until nice and crispy golden brown. Finish in 325°F oven or air fryer for 5-7 minutes to ensure it's heated through before serving. Serve on a toasted bun with your favorite toppings.

My favorite way to serve this is with lettuce, pickles, and [Bomb Diggity Burger Sauce](#). Some other topping ideas:

- **Thin Sliced Tomato**
- **Thin Sliced Onion**
- **Garlic & Sriracha Mayo**
- **Havarti, Provolone, or Vegan Sliced Cheese**