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Vegan Umami Bomb Mushroom Veggie Burgers

Serves 8

Ingredients:

- 1 cup uncooked short-grain brown rice
- 3 TBSP canola oil (or other light oil)
- 1 1/2 cups chopped yellow onion (about 1 large)
- 8 oz cremini mushrooms, sliced
- 8 oz shiitake mushrooms, stems discarded, caps sliced (3 ½ cups)
- Kosher salt
- 1 TBSP finely chopped garlic
- 3 TBSP soy sauce
- 1 cup (about 5 oz.) shelled edamame, thawed if frozen, patted dry
- 1 cup roughly chopped roasted salted cashews
- 3 TBSP arrowroot
- 1 tsp Asian sesame oil
- 1 TBSP ground flax seed, soaked in 2½ TBSP warm water

Preparation:

1. Cook rice, transfer to a large bowl, and let stand until cooled to room temperature, about 20 minutes.
2. Heat 1 TBSP of the oil in a 12-inch skillet over medium-low heat. Add the onion and cook, stirring frequently, until browned and softened, about 10 minutes. Increase the heat to medium high and add the mushrooms and a pinch of salt. Cook, stirring occasionally, until the mushrooms are browned, about 7 minutes. Reduce the heat to medium, add the garlic, and cook, stirring, for 30 seconds. Add the soy sauce and stir, scraping up the browned bits on the bottom of the pan, until nearly evaporated, about 1 minute.
3. Transfer the mushroom mixture to a food processor. Add the edamame, cashews, arrowroot, and sesame oil and pulse until finely chopped with a few flecks of edamame and cashews still visible, about 15 one second pulses. Transfer the mixture to the bowl with the rice and stir thoroughly to combine. Season to taste with salt and pepper. Stir in the soaked flaxseed. Chill the mixture for at least 30 minutes and up to 4 hours.
4. Portion the burger mixture into 8 balls. With moist hands, form into 3 ½ -inch patties about ¾ inch thick.
5. When ready to cook, heat the remaining 2 TBSP oil in a 12-inch nonstick skillet or cast-iron pan over medium heat. Add the burgers, reduce the heat to medium low, and cook until golden brown on one side, 3 to 4 minutes. Gently flip with a thin spatula and cook until browned and heated through, another 3 to 4 minutes.



Food Fairy Note: We made this recipe Vegan by replacing the egg with flaxseed meal