



Veggie-filled breakfast "sausage" for vegetarians and meat-eaters alike. This breakfast side packs in pinto beans, mushrooms, and onions with a hint of maple syrup.

Yield: 8 patties

Timing: Prep Time = 10 min

Total Time = 25 min



Ingredients

1 can pinto beans – reserve 1 tsp of the aquafaba when draining to add in later

1 cup finely diced mushrooms

½ cup minced onions

2 Tbsp canola oil - separated

1 Tbsp maple syrup

1 pinch (or 1/8 tsp) nutmeg

1 pinch cayenne pepper

¼ tsp cumin

¼ tsp dried sage

1 Tbsp almond flour

¼ cup tapioca starch (may need 1-2 Tbsp additional if mix is too sticky)

¼ tsp salt

¼ tsp black pepper

Method of Preparation (Instructions)

1. Pulse the drained pinto beans in food processor or blender about 12 pulses or until beans are broken down but not fully smooth
2. Sauté mushrooms and onions in 1 Tbsp of canola oil until mushrooms are browned and onions are soft
3. Mix all ingredients together in a medium-sized bowl until fully combined, if dough is too sticky add in the additional tapioca starch
4. Form the mix into 8 patties and cook for 2-3 minutes per side over medium heat in same frying pan or until browned

Utensils/Equipment Needed

Blender or Food Processor

Frying Pan

Medium-sized bowl