

STARTER & SNACK

No Bean Veggie Burgers

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	6	\$0.48	242 kcal

The recipe No Bean Veggie Burgers can be made in around 30 minutes. This recipe makes 6 servings with 242 calories, 7g of protein, and 11g of fat each. For 48 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. This recipe from Allrecipes has 6 fans.

Ingredients

☐ 1 cup bread crumbs	☐ 1 teaspoon dried sage
☐ 1 cup oats	☐ 1 small onion, diced
☐ 1 medium potato, peeled and diced	☐ 2 teaspoons salt
☐ 2 tablespoons soy sauce	☐ 1 tablespoon vegetable oil
☐ ½ cup chopped walnuts (optional)	☐ 2 cups water

EQUIPMENT Food processor, Bowl, Frying pan, Microwave

Method

- 1 Pulse potato, onion, and walnuts in a food processor until finely chopped.
- 2 Place oats and water in a large microwave safe bowl. Cook in the microwave on High until oats have absorbed the water, 2 to 4 minutes.
- 3 Stir potato mixture, 2 tablespoons vegetable oil, bread crumbs, salt, soy sauce, and sage into oatmeal; mix thoroughly. Form into patties.

- 4 Heat 1 tablespoon vegetable oil in a skillet over medium heat; fry patties until cooked through and browned, 5 to 7 minutes per side.

Nutrition per serving

242	7 g	11 g	31 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.3 g · 8% of daily needs
Fibre			3.9 g · 15% of daily needs
Sugar			2.4 g · 3% of daily needs
Sodium			1,250 mg · 54% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			8 mg · 10% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/no-bean-veggie-burgers-147628