

Italian Patties



1 can pink kidney beans, drained and rinsed
1 can white kidney beans, drained and rinsed
1 cup cooked brown rice
1 cup rolled oats
4 T Trader Joe's - fire-roasted tomato salsa (or any mild on hand)
1/2 Teaspoon basil
1/2 Teaspoon marjoram
1/2 Teaspoon oregano
1/2 Teaspoon rosemary
1/2 Teaspoon thyme
1 Teaspoon garlic powder
1 Teaspoon onion powder

- Put bean into a bowl and mash with a potato masher. Don't blend or overly mash, they need a bit of roughness to help the recipe stick together
- Add remaining ingredients and mix thoroughly with sturdy spoon, I use a bamboo wooden spoon
- The consistency will be a semi-dry mash, like a dry meatloaf (oh my, did I mention the M word?)
- Divide in the bowl into quarters
- Form 2 patties from each quarter (total of 8 patties in recipe)
- Let the patties set for 5 to 10 minutes (can refrigerate)
- Preheat your George Forman Grill while the patties set
- Place 4 patties (or whatever your grill will fit) into your George Foreman and grill for 5 minutes
- Serve and enjoy!