**Perfect Veggie Burgers**

**Ingredients**

* 1/3 cup quick-cooking barley
* 3 tablespoons extra-virgin olive oil
* 1 small onion, chopped
* 1 small stalk celery, chopped
* Kosher salt
* 2 cloves garlic, chopped
* 5 tablespoons barbecue sauce
* 1 medium carrot, finely grated
* 1 cup canned pinto or black beans, drained and rinsed
* 1/3 cup breadcrumbs
* 1/3 cup walnuts, chopped
* 2 teaspoons soy sauce
* 2 large egg whites
* 2 tablespoons chopped fresh parsley
* 6 soft buns, split
* Onion rings, for topping

**Directions**

* Prepare the barley as the label directs. Let cool completely.
* Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the onion, celery and a pinch of salt; cook, stirring occasionally, until golden, 12 to 14 minutes. Add the garlic, 3 tablespoons barbecue sauce and the carrot; cook, stirring, until the mixture dries out slightly, 1 to 2 minutes. Transfer to a food processor and let cool completely.
* Add the barley, beans, breadcrumbs, walnuts, soy sauce, egg whites, parsley and 1/2 teaspoon salt to the food processor. Pulse until finely ground with some chunks. Form into six 4-inch-wide, 1/2-inch-thick patties and place on a baking sheet lined with parchment paper. Cover and refrigerate until firm, 1 to 4 hours.
* Preheat the broiler. Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium heat. Working in batches, cook the patties until golden brown, about 6 minutes per side. Meanwhile, place the buns, cut-side up, on a broiler pan and broil until toasted, 1 to 2 minutes. Serve the patties on the buns; top with the remaining 2 tablespoons barbecue sauce and onion rings.

Recipe courtesy of Food Network Magazine http://www.foodnetwork.com/recipes/food-network-kitchens/perfect-veggie-burgers-recipe.html