Great Grain and Vegetable Burgers from Vegan Planet

1 cup cooked brown rice

¼ cup chopped roasted red pepper

½ cup cooked bulgur

2 Tablespoons minced fresh parsley

1 cup grated zucchini

salt and pepper

¼ cup finely grated carrot

2 tablespoons olive oil

1 garlic clove

½ cup wheat gluten flour

Place the rice, bulgur, zucchini, onion, carrot and garlic in a food processor and pulse to combine. Add the wheat gluten flour, roasted pepper, parsley, salt and pepper to taste and process until well combined. Shape the mixture into four patties. Heat the olive oil in a large skillet over medium high heat. Cook the patties until golden brown on both sides, 5-8 minutes total.   Or place the patties on an oiled baking sheet and bake at 350 degrees F until browned on both sides, turning once 20 to 30 minutes, total.