

Black Bean Burgers

Ingredients

- 1 can of black beans, drained and rinsed
- 1/2 bell pepper
- 1/2 onion
- 3 garlic cloves
- 1 tablespoon of chili powder
- 1 tablespoon of cumin
- 1 tablespoon of Thai chili sauce
- 1 tablespoon of Worcestershire sauce [can use ketchup or BBQ for vegan]
- 1/2 cup of breadcrumbs [can use oat flour or rice as alternative binder]
- 1 egg [can replace with 1/3 cup mashed sweet potato for vegan]

Directions

- 1) Preheat oven to 325F, spread beans out on cookie sheet and bake for 15 min to dry out.
- 2) In a medium bowl, mash beans by hand until thick and pasty.
- 2) In skillet, sauté olive oil, chopped pepper, onion, and garlic for 5-6 minutes (reduce moisture as much as possible)
- 3) In a small bowl, combine egg, chili powder, cumin, chili sauce, and Worcestershire with some salt and pepper [can add other ingredients here, including feta].
- 4) Combine and stir small bowl ingredients into medium bowl.
- 5) Add breadcrumbs for binding. stir until mixture is sticky and holds together.
- 6) Should make four patties (grill for 8 minutes after applying some oil to reduce sticking, or bake at 375F for 10 minutes, per side). Can be refrigerated or frozen (parchment paper).