

Best Black Beans 🍔 Burgers Recipe

Prep time: 30 minutes Cook Time: 15 minutes Yield: 6/7 burgers

INGREDIENTS

- 2 (14 oz) cans black beans, rinsed, drained, and patted dry
- 1/2 cup breadcrumbs/crushed crackers or oat flour or cooked brown rice.
- 2 eggs, best burger binder you'll find.
- 3 garlic cloves, minced about 1 Tablespoon.
- 1 cup finely chopped yellow onion.
- 3/4 cup finely chopped bell pepper.
- 1 teaspoon chili powder
- 1 Tbsp BBQ sauce
- 1 Tbsp Worcestershire sauce
- 1 ½ tsp ground cumin
- 1/4 tsp smoked paprika.
- ½ tsp pepper and salt
- 1 Tbsp cooking oil
- 2 Tsp. Ketchup and mayonnaise.
- ½ cup feta cheese

DIRECTIONS

Partially dry out the black beans spreading them out onto a lined baking sheet and bake at 325 F for about 15 minutes. This prevents the black bean burgers from tasting like mush, meanwhile, sauté the garlic, onion, and pepper together, this is the flavor base for the burger, dry them with a paper towel afterwards not to give moisture to the burger. Food processor or fork! Your choice. Whichever you choose, make sure you don't completely mash the black beans. We want a bulky and satisfying texture. Larger chunks of beans are the best part!

Add all remaining ingredients to a bowl, brown rice, eggs, garlic, bell pepper, BBQ sauce, Worcestershire sauce, cumin, pepper, salt and pepper. Mash together with a fork until fully mixed, then add the beans.

Divide mixture into patties, 1/3 cup of mixture is the best size to make them.

Bring a skillet to medium heat, add oil and grill for about 8 minutes on each side of the burger.

Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days or freeze for up to 3 months.