

BLACK BEAN BURGERS

INGREDIENTS:

❖ Black beans	2 Cans
❖ Onion	1 ea
❖ Garlic cloves	3 ea
❖ Carrots	2 ea
❖ Quick oats	½ Cup
❖ Soy sauce	1 TBSP
❖ Olive oil	1 TBSP
❖ Cumin	1 tsp
❖ Coriander	½ tsp
❖ Chili powder	½ tsp
❖ Cayenne pepper	¼ tsp
❖ Salt	to taste
❖ Pepper	to taste
❖ Buns (cloud bread may be used if desired)	

METHOD:

1. Heat olive oil in skillet
2. Mince onion
3. Shred carrot
4. Mince garlic
5. Sauté onions, garlic, salt, and pepper and cook until onions are translucent.
6. Add carrots, cumin, coriander, chili powder, and cayenne pepper until carrots are tender.
7. Remove pan from heat.
8. In a bowl, mash the beans.
9. add the contents of the pan along with the soy sauce and quick oats. Mix and form patties.
10. Place in freezer for 30 minutes to set.
11. Cook patties on a pan coated in cooking spray over medium heat, flipping halfway.

Serve with lettuce and tomato and other condiments as desired.

YIELD:

4 burgers

