



Black Bean Burger Patties

Quick Meal Card: Dinner

Ingredients

- 1 15-oz can black beans (no sodium added), drained and rinsed
- ½ cup medium onion
- ½ cup mushrooms
- 2 cloves garlic
- ¾ teaspoon ground cumin
- ¼ teaspoon paprika
- ½ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 large egg
- ¼ cup breadcrumbs

Add 1 tbsp ketchup, BBQ sauce, or mayo to the black bean patty mixture for extra flavor and moisture.

Optional special equipment: food processor

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Spread black beans into an even layer on a baking sheet. Bake for 5-7 minutes to slightly dry out the black beans.
3. Add onion, mushrooms, and garlic to food processor*. Pulse until roughly chopped.
4. Add cumin, paprika, chili powder, garlic powder, salt, pepper, egg, and breadcrumbs to food processor. Pulse to combine.
5. Add dried black beans to food processor. Pulse to combine, leaving some chunks of black beans.
6. Measure out ⅓ cup of black bean mixture and shape into patties using your hands. Place onto a greased baking sheet.
7. Bake patties for 20-25 minutes, flipping halfway through.

**If you don't have a food processor, mash the slightly dried black beans into a chunky paste and finely chop the vegetables and mushrooms. Then mix all ingredients in a bowl before forming into patties.*

Yield: 4-6 servings

Total time: 45 minutes