



A Better Black Bean Burger

If you've never tried a homemade black bean burger, we recommend it! A healthier alternative to beef, black beans are packed with fiber, protein, and a starch that slowly burns energy - making you feel fuller longer while preventing spikes in blood sugar. The patties assemble quickly. And, if you make a double batch, you'll find that they freeze well. Apply a few well-chosen toppings for a hearty, filling, and flavorful meal.

Classic Black Bean Burgers

(Makes 4 large patties)

Ingredients:

2 (14oz) cans black beans, rinsed and drained
1 cup Panko bread crumbs
1/2 cup red onion, diced
1 egg
1 tablespoon Worcestershire sauce
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/2 teaspoon kosher salt
1/2 teaspoon black pepper

Classic Toppings: Ketchup, Mustard, Mayo, Cheddar, Tomatoes, Pickles, Lettuce, Red Onion

Umami Black Bean Burgers

Substitute 1/2 teaspoon truffle salt instead of kosher salt
Add: 1/2 teaspoon dried oregano

Umami Burger Toppings: Sautéed Mushrooms, Gruyere cheese, Truffle Salt, Mayo, Caramelized Onions

Fiesta Black Bean Burgers

Add: 1/2 teaspoon cumin, and 1/2 teaspoon chili powder

Fiesta Burger Toppings: Argula, Sour Cream & Salsa, Pepper Jack Cheese, Tomatoes, Red Onion, Guacamole

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Directions:

1. Pulse the beans in a food processor until coarsely chopped.
2. Mix all of the ingredients together in a large bowl until well combined. If the mixture seems too wet, add more bread crumbs.
3. Form into 4 patties. TIP: Since black beans contain much less fat than ground beef, the size of the patty will not shrink during cooking, so size according to the size of your buns!
4. Cook on the stovetop using a well-oiled grill pan for about 5 minutes on each side. OR Bake in the oven on a parchment-lined baking sheet at 350°F for about 20 minutes, turning once at 10 minutes.
5. Melt the cheese on the burger by cooking for a few more minutes.
6. Serve on a toasted bun with all your favorite burger toppings!