

Black Bean Burgers

Makes four burger patties



Ingredients

For the burger patty

- 4 tablespoons olive oil, divided
- ½ small brown onion, chopped
- 2 cloves garlic, chopped
- ¼ - ½ cup rolled oats
- 1 can (15.5 ounces) black beans, drained and rinsed
- ½ teaspoon cumin
- ½ teaspoon chipotle or ancho chili powder
- ½ teaspoon smoked paprika
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon soy sauce
- Maybe a bit of water, if mixture is too dry
- Handful of fresh cilantro leaves, chopped

To serve the burger

- Four buns
- One avocado, sliced
- One tomato, sliced
- Hamburger sauce, mustard, ketchup

Steps

1. Heat a medium-size saute pan over medium-high heat. Add 2 tablespoons olive oil, onions and garlic and saute until the onions are translucent - about 3-5 minutes. Remove from heat.
2. Put the rolled oats in the bowl of a food processor and pulse until the oats are fine - almost like oat flour. Add the onion mixture, black beans, cumin, chili powder, paprika, salt pepper, and soy sauce and pulse until combined - but not pureed. Add the cilantro leaves and pulse a few times. Remove mixture to a medium bowl, cover and chill for 30 minutes before dividing the mixture into fourths and shaping into round patties. Place on parchment paper.
3. Heat the same pan used earlier over medium-high heat adding remaining 2 tablespoons olive oil. Add the bean patties and cook on each side until brown - about 4-5 minutes per side. Remove from pan and place on toasted bun. Add your toppings of choice and enjoy!