

Black Bean Burger



Makes 4 patties

Total time: 35 minutes

Ingredients

2 cups black beans, or 1 can drained and rinsed

½ green pepper finely chopped

½ onion finely chopped

3 garlic cloves

1 egg

1 tablespoon chili powder & chili sauce, optional 1 tablespoon hot sauce

1 tablespoon cumin

½ - 1 cup bread crumbs

Directions

If using dried black beans, soak overnight. In the morning, pour off water and rinse. Place beans in crock pot on high to cook while you are at work. If you are using canned beans, drain and rinse excess salt off the beans before using them.

Mash beans in a bowl, can leave a little chunky. Finely chop green pepper, onion, and garlic by hand or in a food processor. Then stir into mashed beans. In a small bowl, stir together egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties. I like to use the large canning jar lids. They are the perfect size. Bake at 350 degrees for 20 minutes or cook in a pan lightly oiled with olive oil on medium to low temperature.

Health tip #1: Beans are a good source of protein and fiber. They also have low glycemic index which means it will not cause the blood sugar to rise rapidly after a meal.

By: <https://www.allrecipes.com/recipe/85452/homemade-black-bean-veggie-burgers/>