

Black Bean Burgers

Ingredients

For the Burger:

- 16 oz can black beans , rinsed and drained
- 1/2 green bell pepper
- 1/2 small onion
- 2 cloves garlic , peeled
- 1 egg , beaten
- 2/3 cup whole wheat bread crumbs
- 1 tablespoon chili powder
- 1 teaspoon cumin
- Salt and Pepper , to taste

Instructions

To make the Burger:

1. Place rinsed and drained black beans in a bowl. If needed, blot them with a paper towel to remove any extra moisture. Place in a large bowl and mash well with a fork.
2. Place the bell pepper, onion and garlic in a food processor and process until finely minced.
3. Transfer mixture to a fine mesh strainer to remove the excess water. (Remove as much moisture as you can--if it's too wet, the burger wont hold together as well.)
4. Add the strained vegetable mixture to the bowl with the black beans. Add the chili powder, cumin and salt and pepper and stir to combine.
5. Add beaten egg and mix. Stir in bread crumbs. Form mixture into 4 or 5 patties.
6. Cook them on your stove using a grill pan, for 4-5 minutes on each side.

