

Black Bean Burgers

From sallysbakingaddiction.com

Yield: 6-7 burgers

Ingredients:

- 2 (14 ounce) cans of black beans, drained, rinsed, and patted dry
- 1 T extra virgin olive oil
- 3/4 cup finely chopped bell pepper (about half of a pepper)
- 1 cup finely chopped yellow onion (about half of a large onion)
- 3 garlic cloves, minced (about 1 T) (or 1.5 tsp jarred minced garlic)
- 1-1/2 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika
- 1/2 cup bread crumbs (any kind) or oat flour
- 1/2 cup feta cheese
- 2 large eggs
- 1 T Worcestershire sauce
- 2 T ketchup, mayo, or BBQ sauce
- pinch of salt
- pinch of pepper

Instructions:

1. Preheat oven to 325°F (163°C). Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
2. Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, worcestershire, ketchup, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.
3. Form into patties— about 1/3 cup of mixture in each.
4. To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F (191°C) for 10 minutes on each side, 20 minutes total. To grill: Place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 350°F (177°C) – 400°F (204°C).
5. Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.

Notes:

1. **Freezing Instructions:** Cooked or uncooked black bean burgers freeze wonderfully for up to 3 months. Stack between parchment paper in a freezer container or zipped-top bag. Thaw in the refrigerator and reheat to your liking or, if uncooked, cook according to instructions. If desired, you can skip thawing and reheat/cook from frozen for an extra couple minutes.
2. **Vegan option:** These black bean burgers are not vegan. To make vegan, leave out the cheese, replace the Worcestershire sauce with a different vegan condiment (your favorite BBQ sauce would be great!) and replace the eggs with 1/3 cup mashed sweet potato.