

INGREDIENTS

Patties:

- Can black beans, rinsed and drained
- 1 tbsp mayonaise
- 1/2 cup brown rice, cooked
- 1 small onion, finely chopped or grated
- 1/2 tsp garlic salt
- 1 tsp paprika
- 1/3 cup panko breadcrumbs
- 1 tbsp parsley, chopped
- 1 tsp fennel seeds, crushed (optional)

Other:

- Olive oil
- Whole wheat buns

TOPPING SUGGESTIONS

- Chipotle mayonnaise
- Guacamole
- Lettuce
- Tomato slices
- Shredded cheese
- Pickled onions (mix 2 tbsp red wine vinegar with 2 tsp sugar, then add 1 thinly sliced red onion and let sit in fridge to pickle)

TIPS

- Use a food processor to make patties (works better than a blender). Don't worry if the texture is lumpy, it doesn't need to be smooth.
- To prevent burgers from falling apart, make sure the grills are clean and well-oiled.



Black Bean Burgers



4 patties



30 m (plus 30+ m chilling time)

INSTRUCTIONS

1. Blend all patties ingredients until combined, then divide into 4 and shape into burger patties.
2. Place on oiled baking sheet and chill at least 30 min.
3. Heat barbecue/griddle on high. Brush the burger patties with olive oil, then cook for 6 minutes, flipping halfway. Make sure there's a good charred crust on them.
4. Place on bun and serve with toppings of choice.

SOURCES

- www.olivemagazine.com/recipes/vegan/ultimate-grillable-vegan-burgers/
- playswellwithbutter.com/wp-content/uploads/2020/05/Grilled-Black-Bean-Burgers-19-960x1440.jpg