

Black Bean Burgers

Prep Time: 15-20 minutes not including cooking

Black Bean Burgers Recipe:

1 tablespoon Extra Virgin Olive Oil
1 small onion (coarsely chopped)
1 medium red pepper (chopped)
4 medium cloves of garlic (minced)
1/2 teaspoon cumin
1/4 teaspoon turmeric
1-1/2 cups cooked or canned organic black beans (drained)
1 cup cooked brown basmati rice
1 cups fresh whole wheat bread crumbs
Hot pepper sauce to taste (optional)
1 tablespoon of ketchup (optional)
1-1/2 teaspoon Celtic sea salt

Instructions:

Heat 1 tablespoon of olive oil over medium heat. Add onion, red pepper, and garlic. Cook while stirring frequently until soft and onions are translucent. Stir in cumin, turmeric, and cook for an additional minute. In a food processor, combine beans, rice and onion/pepper/garlic mixture. Transfer to a large bowl. Add breadcrumbs and mix well. Season with salt and hot pepper if desired. Flatten 1/4 cup amounts of mix into patties and they are ready for the outdoor grill. Cook about 3-5 minutes each side. Makes 8 burgers.

Variations:

Add more spice of any kind to the mix before making the patty's. Make super thin, make super thick. Have fun!

Cheats:

Make these in advance, wrap them in wax paper and store for bbq's, etc.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org