

## Homemade Black Bean Veggie Burgers



Rated: ★★★★★

Submitted By: LAURENMU

Photo By: graceismine

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ready In: 35 Minutes

Servings: 4

"Spiced up with chili sauce, cumin, garlic and chili powder, these quick and easy black bean burgers will make you forget all about frozen, packaged veggie burgers. They're great on the grill or baked in the oven."

### INGREDIENTS:

1 (16 ounce) can black beans, drained and rinsed	1 egg
0.5 green bell pepper, cut into 2 inch pieces	8 g chili powder
0.5 onion, cut into wedges	6 g cumin
3 cloves garlic, peeled	5 ml Thai chili sauce or hot sauce
	55 g bread crumbs

### DIRECTIONS:

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
5. 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.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

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