

RECIPE BY NANELIA SAMUELA

Black Bean Burgers

THIS RECIPE IS:



VEGETARIAN SAFE



GLUTEN FREE



DAIRY FREE



SOY FREE



Ready in **1hr 30mins**

Serves **6**

Summary

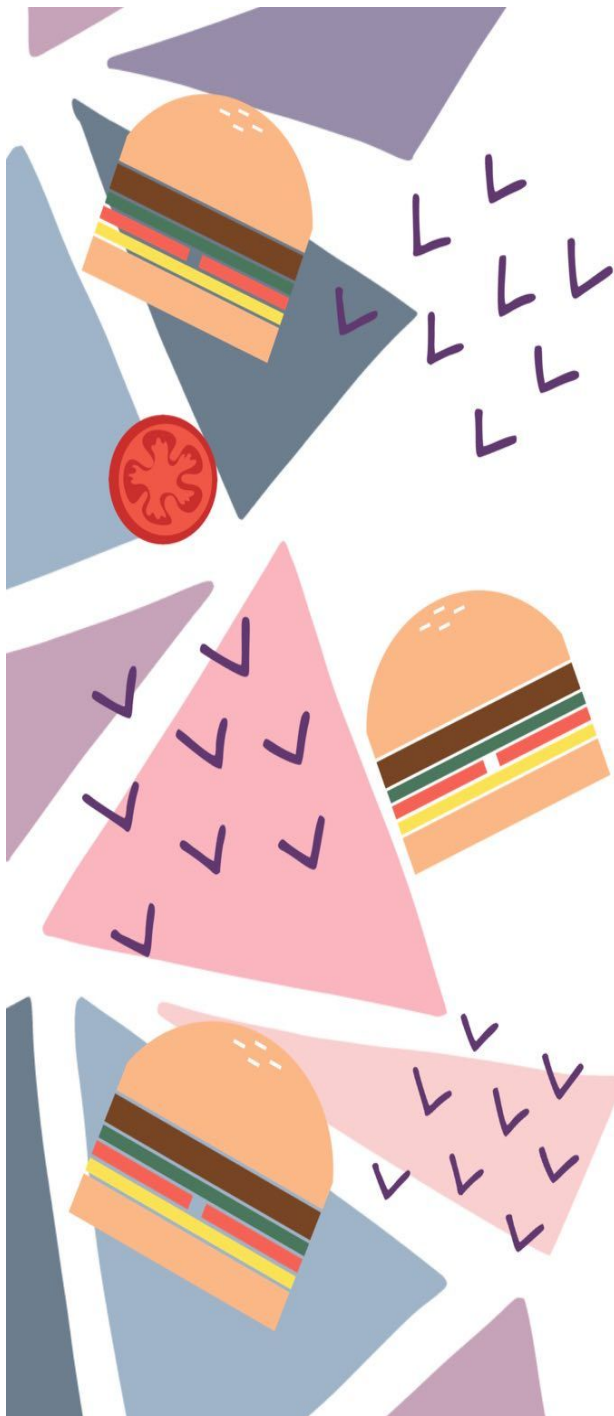
Black bean burgers are a great substitute for the traditional meat burger. It's filling, delicious, nutritious, affordable, and you don't have to be vegetarian to try it! 😊

Ingredients

- 2 cans of 15oz black beans (or 4 cups)
- ½ cup of gluten free flour
- Half an onion
- ⅓ cup chopped cilantro
- 1 egg
- 2 teaspoons black pepper
- 2 teaspoons sea salt
- 2 teaspoons chili powder
- 1 teaspoon turmeric
- 1 tablespoon coconut aminos
- 1 tablespoon hot sauce

Preparation

1. **Rinse and drain beans.** Pour your beans in a strainer and rinse under cold water, the goal is to get your beans as dry as possible to avoid extra liquid in this recipe.
2. Next, pour your beans in a large bowl and mash with a potato masher or a fork. Do this until most of your beans are mashed.
3. **Saute onions.** After your onion is diced small, saute them in a pan with olive oil. What to season them with? Well, that's



really up to you. I usually do basics like salt, pepper, and turmeric. But feel free to use whatever you'd like. It's kind of impossible to mess this part up.

4. **Pour everything in.** Yup, it's no rocket science. From this point you gradually add all the ingredients in. Start with your spices, add in your onion & cilantro, fold these in, then move on to the rest. Add in your liquids, flour, egg, then mix until combined.
5. **Form your patties.** Grab a tray, line with parchment paper and grease with olive oil. Take about 2 tablespoons of black bean mixture, roll into a ball, and form your patties on parchment paper. This process is very similar to making beef burger patties. After you're done forming all patties, cover and freeze for 30-40 mins.
6. **Cook it up.** After your patties are done freezing, coat olive oil on fry pan, allow the oil to get hot and place patties in. Allow patties to cook for 3-4 mins on both sides. Feel free to add cheese and melt on opposite side while cooking.
7. **Plate it up.** After the patties are done, toast the buns, add your toppings, & side it with fries. It's really all up to you 😊 That's my favorite part about this recipe because it's so many ways you can do this. Just have fun!