Mexican Black Bean Burgers

Homemade
vegetarian burgers made with black beans and a Mexican flair! Hot sauce
and fresh cilantro in these black bean burgers will have you coming
back for seconds!
Yield:

8 burgers (about 4 inches in diameter)
Ingredients:

3 1/2 cups cooked black beans (or 2 cans, rinsed and drained)
1/4 teaspoon granulated onion or onion powder
1/4 teaspoon granulated garlic or garlic powder
1 1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 large eggs
1-2 tablespoons hot sauce (We like Tapatio!)
1/2 cup (loosely measured) chopped fresh cilantro
1 to 1 1/2 cups bread crumbs
Oil, for cooking

For serving (pick and choose!):

Lettuce leaves, washed
Fresh tomato slices
Fresh cilantro
Sour cream
Chopped jalapenos
Sliced avocado
Fresh tomato salsa
Hamburger buns
Instructions:

1.
In a food processor bowl, combine the black beans, granulated

onion and
garlic, salt, pepper, eggs, hot sauce, and cilantro. Pulse until
mixture is creamy (some small pieces of beans is okay!)

If your food processor is small, you can do this in two batches, but
be sure to put one of the eggs in each batch, as the egg helps it be
thin enough to blend.

If you don’t have a food processor, you could try doing this in the
blender, but you will have to stir it down a bit to make sure everything
gets blended. Or, put everything in a bowl and blend with clean hands.
Freshly-cooked and still-warm (but not hot!) beans will make this
process easier.

2. Transfer creamed bean mixture to a mixing bowl, and then stir in
enough of the bread crumbs to make a sticky dough, similar to cookie
dough. Cover and let rest for about 10 minutes, to thicken. (You can
prepare your toppings during this time!)

3. Preheat a skillet (I use cast iron) or griddle or indoor grill
over medium heat. With slightly wet hands, form burger dough into 8
patties, about 1/2-inch thick.

4. Add some oil (about 2 tablespoons) to the skillet or griddle (or
lightly spray an indoor grill with oil) and when oil is hot

(hold hand
over it to feel heat rising), fry burgers for about 3-4 minutes on each
side, until browned on the outside and hot in the middle (middle will be
moist). You can adjust the heat if the burgers seem to be cooking too
slowly or browning too quickly.

Serve hot with toppings and enjoy!



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This recipe is from Tammy’s Recipes.