

# 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.