Black Bean Burgers

Let's make some veggie burgers with black beans. Yummy,
healthy, full of fiber!

Categories

Yields: 6 servings
Preparation time: 20 mins
Cooking time: 15 mins
Category: Entrees
Complexity: Simple
Vegan experience: Absolute beginner
Preparation style: Cooked

Ingredients

Breadcrumbs, whole wheat, plain	4 ounces
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Green bell peppers, raw	1 small
Garlic, fresh	3 cloves
Hot chili peppers, green, raw	1 tablespoon
Oregano, dried	1 teaspoon
Chili powder	2 tablespoons
Black beans, canned, drained	4 cups
Cumin, ground	2 grams
Thyme, ground	1 teaspoon
Corn, yellow, cooked from fresh, whole kernel	1 cup
Parsley, fresh	2 tablespoons
Brewer's yeast	1 item

Instructions

1) Dice onions.

2) Mince garlic.

3) Dice green pepper.

4) Mince parsley.

5) Sauté in water, the onions, garlic, green pepper, oregano, and hot pepper until onions are translucent, then set aside.

6) In a large bowl, mash the black beans. Stir in the veggies including the corn, the breadcrumbs, and the rest of the spices and parsley.

7) Mix well.

8) Divide into 6 patties.

9) Coat each side with the Brewer's yeast.

10) Bake in a lightly oiled casserole dish for about 7 minutes on each side or until brown on both sides.

11) Enjoy!