

Black Bean Burger (Vegan)

Ingredients:

- 1 cup dry beans (cooked separately and mashed up)
- 1/3 cup chopped sweet onion
- 1 tablespoon minced garlic
- 3 baby carrots, grated (optional)
- 1/4 cup minced green bell pepper
- 1 tablespoon arrowroot powder
- 1 tablespoon warm water
- 3 tablespoons chili-garlic sauce (such as Siracha)- Optional
- 1 teaspoon chili powder
- 1 heaped teaspoon ground cumin
- 1 teaspoon seafood seasoning (such as Old Bay)- Optional
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon Coconut oil
- 2 slices whole-wheat bread, torn into small crumbs (for gluten free option, mix in flax meal, about 3-4 tablespoons)
- 3/4 cup whole wheat flour (to bind) or white rice (gluten free) flour

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
2. Mash black beans in a bowl; add onion, garlic, carrots, and green bell pepper & mix and pour off excess liquid (can be used for gravy).
3. Whisk arrowroot, water, chili-garlic sauce, chili powder, cumin, seafood seasoning, salt, and black pepper together in a separate small bowl. Stir this mixture into black bean mixture.
4. Mix coconut oil & whole-wheat bread (or flax meal) into bean mixture. Stir flour, 1/4 cup at a time, into bean mixture until a sticky batter forms.
5. Spoon 'burger-sized' mounds of batter onto the prepared baking sheet, about a 3/4-inch thickness per mound. Shape into burgers- makes 6-8.
6. Bake in the preheated oven until cooked in the center and crisp in the outside, about 10 minutes on each side.