



Black Bean Burgers

INGREDIENTS

- 2 cloves garlic
- 2 cans black beans (15 oz each)
- 2 tbsp tomato paste
- 1 tbsp flour
- 2 tsp ground cumin
- 2 tsp oregano
- 1 tsp salt
- 1/2 cup panko breadcrumbs
- 1/2 cup corn
- 6 whole grain buns

METHOD

- 1** First, mince the garlic. Drain and rinse the black beans. Place 1 can of black beans in a large bowl and mash until mostly smooth. In a small bowl, whisk together the tomato paste, flour, and 1 tbsp water until smooth.
- 2** Add the tomato paste mixture to the mashed black beans. Add the remaining black beans, garlic, oregano, ground cumin, and salt. Stir to combine. Add the panko breadcrumbs and corn. Mix until evenly combined. Using your hands, shape the mixture into patties about 1/3 cup each.
- 3** Heat a lightly oiled skillet over medium heat. Cook the patties for about 5 minutes per side, until golden and heated through. Serve on whole grain buns with desired toppings.