

Surprisingly Good Bean Burger



COURSE
Dinner, Lunch



SERVINGS
7 servings

CALORIES
266 kcal

INGREDIENTS

For the burger:

- 2 flax egg 2 Tbsp flaxseed meal + 6 Tbsp water
- 2 tsp olive oil
- 1 red onion finely diced
- 4 cloves garlic minced
- 2 large carrot shredded
- 2 15 oz cans of black beans, rinsed and drained
- 2/3 c unflavored pea protein
- 2 tsp cumin
- 1 tsp garlic powder
- 2 tsp chili powder
- 1 tsp paprika
- 1 tsp salt
- Freshly ground black pepper

Garlic Tahini Sauce:

- 4 Tbsp tahini
- 4 cloves garlic finely minced
- 2 Tbsp fresh lemon juice
- 2-4 Tbsp warm water to thin

- 1/2 tsp salt

For serving (optional fixings):

- 7 whole grain or gluten free buns
- 1 avocado sliced
- Slices of red onion
- Tomato slices

INSTRUCTIONS

1. Mix flaxseed meal and water in a small bowl and place in the fridge for 5 minutes.
2. Place a large pan over medium heat and add olive oil. Sauté for 5 minutes or until veggies are cooked.
3. Transfer cooked veggies to a large bowl and stir in the spices: cumin, garlic powder, chili powder, paprika, salt, and pepper.
4. Using a food processor, blend black beans until well blended and just a few bean chunks remain.
5. Transfer to the bowl with the veggies, and then stir in the flax egg and the pea protein.
6. Taste, adjust seasonings, and add additional salt and pepper if necessary.
7. Divide mixture into 7 patties. Put on a plate and cover with plastic wrap, place in the fridge for 20-30 minutes.
8. While the burgers are in the fridge firming up, make the garlic tahini sauce by mixing together the following in a small bowl: tahini, garlic, lemon juice, water, and salt.
9. After 30 minutes, place a large skillet pan over medium heat and generously spray the pan with nonstick cooking spray. Add the patties and cook 4-5 minutes on each side, or until golden brown and heated through.
10. Place on buns with tomato, avocado, red onion, and tahini sauce.

NUTRITION

Nutrition Facts

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Amount Per Serving (1 serving)

Calories 266 Calories from Fat 72

% Daily Value*

Fat 8g **12%**

Carbohydrates 29g **10%**

Protein 20g **40%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!