

# Black Bean Burger

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Active Time	Total Time	Yield
20 mins	20 mins	Serves 4 (serving size: 1 patty)

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Possible text blurb if I want.

## Ingredients

1 (1-oz.) slice whole-grain bread. Toasted and torn into peices  
1/4 cup grated onion  
1 tablespoon chopped garlic  
1 1/2 teaspoons fresh lime juice  
3/4 teaaspoon ground cumin  
3/4 teaspoon kosher salt  
1/2 teaspoon grated lime  
1 (15-oz.) can unsalted black beans, rinsed and drained  
1/3 cup coarsely chopped walnuts  
1/2 teaspoon hot sauce  
1 large egg lightly beaten  
4 teaspoons olive oil

## Method

**Step 1** Place bread in a food processor; pulse 5 times. Transfer to a bowl.

**Step 2** Combine onion, garlic, juice, cumin, salt, rind, and beands in processor; pulse 4 to 5 times. Add bean mixture, walnuts, hot sauce, and egg to crumbs; stir well. Divide the mixture into 4 equal portions. Shape each portion into 3/4-inch-thick patty.

**Step 3** Heat oil in a large non-stick skillet over medium-high heat. Add patties to pan; reduce heat to medium and cook 4 minutes on each side or until browned.

this is some text I have written in place of lorem ipsum

# Veggetarian Gravy

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Active Time	Total Time	Yield
20 mins	20 mins	Serves 4 (serving size: 1 patty)

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The general methodology is the same as any french roux. If you are familiar with that then this should be straight forward.

## Ingredients

1/4 cup flour  
1/4 cup butter  
2 cups veggie broth  
soy sauce

## Method

**Step 1** Melt butter in a sauce pan or pot. Add the flour and stir until evenly mixed.

**Step 2** Slowly add veggie broth in small batches, stirring each time until properly incorporated.

**Step 3** Add soy sauce for a darker colour and salty flavour.

A useful recipe for a gravy that can be used in a multitude of scenarios, from a poutine to topping for mashed potatoes. Feel free to vary the ratios of the flour, veggie broth and soy sauce for thicker, more flavourful or more salty taste respectively.