

Black Bean Burger

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

Possible text blurb if we want.

Ingredients

1 (1-oz.) slice whole-grain bread. Toasted and torn into pieces
1/4 cup grated onion
1 tablespoon chopped garlic
1 1/2 teaspoons fresh lime juice
3/4 teaspoon 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 beans 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