

Homemade Black Bean Burger Recipe

Author: meredith Prep time: 10 mins Cook time: 5 mins Total time: 15 mins

Ingredients

- o 1 -15 oz. can of black beans
- o ¼ cup chopped red onion
- o ¼ cup chopped fresh chopped cilantro leaves
- o 1 T. fresh squeezed lime juice
- o 2 T. of chopped green chilies
- o 1 egg (optional)
- o ¾ tsp. cumin
- o 1 garlic clove
- o ½ tsp. salt
- o ¼ tsp. pepper
- o ½ cup + 2 T. panko + ⅓ cup panko



Instructions

1. Drain and rinse 1 -15 oz. can of black beans and pour the beans and the remaining ingredients into the food processor: ¼ cup chopped red onion and ¼ cup fresh chopped cilantro leaves, 1 T. fresh squeezed lime juice, 2 T. of chopped green chilies, 1 egg (optional), ¾ tsp. cumin, 1 garlic clove, ½ tsp. salt, ¼ tsp. pepper and ½ cup + 2 T. panko.
2. Turn on the food processor for 1 minute (scraping the sides halfway through) until you get a thick and consistent puree. If you are not using an egg, you may need to add a little extra panko or use an egg substitute, like a "flax egg"
3. Pour another ⅓ cup of panko on a large plate.
4. Grease your hands with some oil and shape a patty in the palm of your hand.
5. Coat the bottom and top of each patty with the extra panko and if you can, refrigerate them for a couple of hours to harden up.
6. To fry, heat up 2 T. of oil or butter in a heavy bottom pan on the stovetop. Cook on medium-high heat for about 2 minutes then flip them over for another 2 minutes. Keep on flipping them if you like them darker OR To bake, heat oven to 425 degrees and lay burgers on a greased cookie sheet. Bake them for at about 5 minutes each side.
7. Serve on a bun with your favorite burger toppings.

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