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Black Bean Vegan Mini Burgers

Thursday, December 1, 2011 • Vegetarian & Vegan

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Jennifer R. from the UK sent in this recipe for Black Be

Ingredients:
Note: This amount makes about 12 tiny or 8 small burg proportionately. It keeps pretty well in the refrigerator it makes sense to make in some quantity.

- 2 cups of cooked or canned black beans, drained
- 2 tsp finely chopped ginger
- 3 Tbsp chopped green onion
- 1/2 cup chopped fresh mushrooms
- 2 Tbs. chopped walnuts
- 1/2 cup rice flour
- 1 tsp cumin powder
- 2 Tbs olive oil

For the sauce:
4 Tbs tomato paste
a few drops of Tabasco
1 Tbs maple syrup

Directions:
Preheat the oven to 400°F. Chop up the ginger, green o in about half of the olive oil until the mushrooms are w Add them to the sauté pan to toast a bit. Reserve a cou the rest of the beans with a masher or in the food proc fairly smooth. Add the spice and rice flour and proces reserved beans and the nuts, and pulse-process until n remain). Divide the mixture into 8 to 12 portions. With patties. Cook to your desired temperature. Enjoy!

Sounds delicious! Thanks, Jennifer!

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