



# Homemade Black Bean Veggie Burgers

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Prep  
15 m

Cook  
20 m

Ready In  
35 m

Recipe By: LAURENMU

"You will never want to eat frozen veggie burgers again. These are so easy, and you'll be proud to have created such a vegetarian delight."

## Ingredients

1 (16 ounce) can black beans, drained and rinsed  
1/2 green bell pepper, cut into 2 inch pieces  
1/2 onion, cut into wedges  
3 cloves garlic, peeled  
1 egg

1 tablespoon chili powder  
1 tablespoon cumin  
1 teaspoon Thai chili sauce or hot sauce  
1/2 cup bread crumbs

## Directions

- 1 If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
- 2 In a medium bowl, mash black beans with a fork until thick and pasty.
- 3 In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
- 4 In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
- 5 Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
- 6 If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

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