

## Black Bean Burgers



### Makes:

10 servings

### Utensil:

Saladmaster Food Processor  
2 Qt./1.8L Sauce Pan with Cover  
12" Chef's Gourmet Skillet  
medium mixing bowl

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### Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic plant-based diet that is both simple and delicious.

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### Recipe Description:

This simple recipe is made up of delectable black beans, which are rich in protein and fiber. Combined with almond butter, and cumin, this "burger" is filling and unique. Once all of the ingredients are mashed together it is ready to eat, but once baked as a burger it can be topped on a sprouted bun, stuffed into a wrap or enjoyed on warm grains.

These black bean burgers are hearty, healthy, and completely vegan! The perfect dish for summer backyard parties...you will never eat a meat-based burger again.

1

cup  
organic black beans (soaked overnight)  
(195

g)  
 1  
 cup  
 sweet potato, shredded, use Cone #1  
 (115  
 g)  
 $1\frac{1}{2}$   
 cup  
 almond butter  
 (125  
 g)  
 $1\frac{1}{2}$   
 cup  
 red onion, shredded, use Cone #1  
 (80  
 g)  
 $1\frac{1}{4}$   
 cup  
 brown rice flour  
 (40  
 g)  
 2  
 tablespoons  
 tamari  
 (30  
 mL)  
 3  
 cloves garlic, shredded, use Cone #1  
 1  
 tablespoon  
 cumin  
 (6  
 g)

**Directions:**

1. Rinse soaked beans and place in sauce pan with enough water to cover beans by approximately 1 - 2 inches. Cover and cook over medium heat. When Vapo-Valve? clicks, reduce heat to low and cook for approximately  $1\frac{1}{2}$  hours.
2. Place beans in a bowl and mash. Add remaining ingredients and stir to combine.
3. Scoop  $1\frac{2}{3}$  cup of mixture at a time to form burger patties.
4. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add several patties without over-crowding skillet.
5. Cook patties for approximately 5 - 10 minutes on each side, or until warmed through and golden brown.
6. Serve with sprouted buns or salad.

**Calories:**

180

**Total Fat:**

8g

**Saturated Fat:**

1g

**Cholesterol:**

0mg

**Sodium:**

213mg

**Total Carbs:**

22g

**Dietary Fiber:**

4g

**Sugar:**

1g

**Protein:**

7g