

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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Recipe:

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)
½ cup
almond butter
(125
g)
½ cup
red onion, shredded, use Cone #1
(80
g)
¼ 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 ½ hours.
2. Place beans in a bowl and mash. Add remaining ingredients and stir to combine.
3. Scoop ⅓ 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.

Nutritional Information per

▼ Serving

Calories: 180
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 213mg
Total 22g
Carbs:
Dietary Fiber: 4g
Sugar: 1g
Protein: 7g