

Black Bean Burgers

Go meatless with this burger - you won't regret it! Keep an open mind that texture may be different but this burger is hearty, flavorful, and delicious! It is bursting with protein, fiber, and anti-inflammatory ingredients to nourish from the inside out! Quick and easy to prepare - top with avocado, tomato, and any other veggies you love and put it on a wrap, sprouted bun, or salad. ENJOY! ~Julie

Serves 6

2 tsp. ground flaxseeds
2 ½ cups cooked black beans
 -If using canned rinse and drain well until beans are dry
 - Replace 1 cup with black lentils or cannellini beans for a twist
1-2 large jalapeno pepper, seeded and chopped
2 cloves garlic, chopped
2 ½ tsp. ground cumin
¼ tsp. cayenne pepper
¾ tsp. salt
2 Tbsp. tomato paste
2 Tbsp. gluten-free or Panko breadcrumbs
2 Tbsp. almond flour
½ - ¾ cup grated carrot
1 sliced avocado and tomato, for topping
1-2 Tbsp. cold-pressed organic olive oil

Nourishing “Nuggets”:

- If you eat eggs, you can use an egg to bind the burger, but the flaxseed adds a great nutty flavor and Omega 3's to boot!
- Add extra veggies such as corn, tomatoes, and cucumbers for a flavorful addition.

Directions:

1. In a small bowl mix together the 2 tsp. ground flaxseed with 2 Tbsp. water. Let sit for 15 minutes. This acts like an egg binder. *(*Can use an egg preferred)*
2. Place the beans, jalapeno, cumin, garlic, salt in a food processor and pulse to combine. *(or use a hand potato masher!)* Pulse or mash mixture until it resembles a chunky black bean dip.
3. Transfer the beans to a large bowl and stir in the tomato paste, breadcrumbs, flour, carrot, and flax mixture. Stir well until everything is combined.
4. Heat the oil in a skillet on medium-high heat.
5. Form the black bean mixture into 6 patties; fry for about 4-6 minutes per side until golden and crispy.
6. Top with avocado, tomato, and any other veggie “toppings”! Add sprinkle of Feta, fresh grated Parm, slice Swiss, or dairy-free cheese of choice...

