



Vegan Black Bean Burgers



Prep
15 m

Cook
20 m

Ready In
35 m



Safeway
6150 Bollinger Rd
SAN JOSE, CA 95129

Recipe By: jeshaka

"Easy black bean burgers for everyone! You don't need to follow the recipe or amounts exactly. I never do. Serve with your favorite burger fixings and sweet potato fries."

Ingredients

- | | |
|---|--|
| 1 (15 ounce) can black beans, drained and rinsed | 1 teaspoon chili powder |
| 1/3 cup chopped sweet onion | 1 teaspoon ground cumin |
| 1 tablespoon minced garlic | 1 teaspoon seafood seasoning (such as Old Bay(R)) |
| 3 baby carrots, grated (optional) | 1/4 teaspoon salt |
| 1/4 cup minced green bell pepper (optional) | 1/4 teaspoon ground black pepper |
| 1 tablespoon cornstarch | 2 slices whole-wheat bread, torn into small crumbs |
| 1 tablespoon warm water | 3/4 cup unbleached flour, or as needed |
| 3 tablespoons chile-garlic sauce (such as Sriracha(R)), or to taste | |

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- 2 Mash black beans in a bowl; add onion, garlic, carrots, and green bell pepper. Mix.
- 3 Whisk cornstarch, water, chile-garlic sauce, chili powder, cumin, seafood seasoning, salt, and black pepper together in a separate small bowl. Stir cornstarch mixture into black bean mixture.
- 4 Mix whole-wheat bread into bean mixture. Stir flour, 1/4 cup at a time, into bean mixture until a sticky batter forms.
- 5 Spoon 'burger-sized' mounds of batter onto the prepared baking sheet, about a 3/4-inch thickness per mound. Shape into burgers.
- 6 Bake in the preheated oven until cooked in the center and crisp in the outside, about 10 minutes on each side.

Nature's Own Bread
Enriched , Honey Wheat
2 For \$4.00 - expires
in 12 days

Nature's Own Bread
Wheat 'n Fiber
2 For \$4.00 - expires
in 12 days

Carrots Organic Baby
\$2.79 - expires in 5
days

Carrots Peeled Baby
\$2.29 - expires in 5
days

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