



BLACK BEAN VEGGIE BURGERS

Serving size | 1 burger Number of servings | 6
Contains wheat & nuts

INGREDIENTS

Cooked brown rice	1 cup
Raw walnuts	1 cup
Olive oil	1 Tbsp
White onion, small dice	3/4 cup
Chili powder	1/2 Tbsp
Cumin	1 tsp
Paprika	1/2 Tbsp
Black pepper	1 tsp
Light brown sugar	1 Tbsp
Canned black beans, rinsed & drained	1 1/2 cups
Panko bread crumbs	1/2 cup
Barbecue sauce	3 Tbsp

NUTRIENT INFORMATION

Calories	285	Fiber	6 g
Total Fat	15.6 g	Cholesterol	0 mg
Sat Fat	1.5 g	Vitamin A	152 mcg
Mono Fat	2.7 g	Iron	2.2 mg
Protein	9 g	Sodium	89 mg
Carbs	31 g	Potassium	260 mg

PROCEDURE

- 1 Heat medium fry pan. Once hot, add walnuts and toast for 3 - 5 minutes, stirring frequently. Let cool and set aside.
- 2 Heat the same pan over medium heat. Add 1/2 Tbsp oil, and add onion once hot. Sauté for 2-3 minutes before adding garlic. Cook until golden brown and soft.
- 3 Add walnuts, chili powder, cumin, paprika, pepper and brown sugar to a food processor. Pulse until a fine meal is achieved & set aside.
- 4 Add beans to a large bowl and mash with a fork. Add rice, spice/walnut mix, panko and barbecue sauce. Mix well until combined
- 5 Divide into 6 parts, about a 1/2 cup mix each. Lightly flatten to form a patty ~1/2 inch thick
- 6 If grilling, heat grill and spray / brush with oil to prevent sticking. Otherwise, heat a large pan over medium heat with remaining oil.
- 7 Cook for 3 - 4 minutes on each side , flipping gently. Keep over heat until lightly browned with an internal temperature of 135 or above
- 8 Remove from heat and serve warm on a bun, or in a salad. Enjoy!