

Black Bean Burgers

Serves: 12

amount	unit	Ingredients:
2	15 oz cans	no salt added black beans, rinsed and drained
4	Tbsp	chia seeds, mixed with 3/4 cup water, let set 15 min
1	each	yellow onion, chopped
2	cloves	garlic
2	tsp	dried oregano
2	tsp	dried basil
1	tsp	black pepper
2	cups	whole wheat bread crumbs
1	tsp	hot sauce, optional
2	Tbsp	olive oil
12	each	whole wheat hamburger buns
12	each	green leaf lettuce leaves
3	each	tomato, sliced
1	each	red onion, sliced

In food processor, blend beans, chia seed/water mixture, onion, and garlic.

Transfer to bowl and add oregano, basil, black pepper, bread crumbs and hot sauce if using. Mix well to combine then shape into 12 patties.

Heat oil in a large skillet over medium heat. Arrange patties in a single layer and cook, flipping once, until golden brown on both sides and cooked through, about 10 minutes.

Transfer to buns and top with condiments.

Nutritional Information:

Calories: 280; Carbohydrate: 47g; Fiber: 11g; Sugars: 6g; Protein: 11g; Fat: 6g; Saturated Fat: 1g; Cholesterol 0mg; Sodium: 270mg;