Black Bean Burger

Ingredients

- 1 x 14oz can of black beans, rinsed and thoroughly drained (otherwise burgers will be soggy!)
- 1 tbsp oil
- 2 garlic cloves, finely minced
- 1 small onion, very finely chopped
- 1 cup grated carrot (about 1 large carrot)
- 1 teaspoon each of cumin, chilli and oregano
- ½ cup toasted sunflower seeds
- 1 tbsp soy sauce
- ½ cup rolled oats, pulsed in the food processor
- ½ cup breadcrumbs


Making it

1. Preheat grill or BBQ
2. Put the beans into a large bowl and mash with a potato masher. Don’t mash them into a complete paste but leave some of the beans bruised so you don’t lose all the “bean” texture
3. Add the oil to a frypan over a medium heat. Cook the onion and garlic until the onions are soft.
4. Add this mixture to the mashed beans and stir in the carrot, spices, sunflower seeds and soy sauce.
5. Now add the breadcrumbs and oats and combine thoroughly. Although it’s a little messy, using your hands to do this is often easier.
6. You are going to make approximately 8 patties. Make sure the ball has been tightly rolled to stop the burgers from breaking apart. Place on a sheet of greaseproof paper or greased baking tray and flatten into patty shape.
7. Grill for 7 mins until the patty is browned, flip and cook for another 5 -7 minutes until the outside is browned.
8. Serve with burger bun or lettuce wrap!

NUTRITION FACTS
Servings: 8
PER SERVING
Calories (kcal): 170  
Fat (g): 6  
Carbohydrate (g): 21  
Fibre (g): 6  
Protein (g): 7

TIPS & HINTS
Cooking with beans will increase the overall fibre content of your diet which is good for probiotic bacteria in your gut! These burgers also freeze well, just skip the grill and pop the uncooked burger in the freezer!