

Black Bean Burgers

Portions: 4

Prep: 5 minutes

Bake: 15-20 minutes



Ingredients:

- 15 ounces black beans, canned low sodium
- 1 egg, large
- 1/2 cup flax meal
- 2 tablespoons onion powder
- 1 tablespoon smoked paprika
- 1 tablespoon cumin
- 1 tablespoon Worcestershire sauce

Instructions:

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl, smash the beans with a fork or potato masher.
3. In a small separate bowl, whisk the egg and Worcestershire sauce.
4. Add egg mixture to the beans and smash until well mixed.
5. Add in the flax meal and spices and smash together until the mixture is well blended.
6. Form the dough into four equal-sized patties and place on a cookie sheet that is lightly greased or lined with parchment paper.
7. Using a fork, pat down the patties so they resemble meat patties.
8. Bake for 15-20 minutes on each side.
9. Internal temperature should reach 165 degrees F; continue cooking until final temp is reached.