

Black Bean Burgers



15 oz can black beans, drained
3/4 cup cooked quinoa or couscous
1/2 cup breadcrumbs
1/2 cup minced vegetables such as bell peppers, onions, celery
1 tsp minced garlic
1-1/2 tsp ground cumin
A few shakes of hot sauce
1 Egg
3-4 Tbsp olive oil

In a medium bowl roughly mash the bean with a potato masher or fork into a paste mixture. Leave a few of the bean part or mostly whole. Add the quinoa/couscous, breadcrumbs, vegetable, garlic, cumin, and hot sauce to the beans. In a small dish beat the egg. Mix the egg and all ingredients together. You can use a spoon or your hands. Divide the mixture into 4-6 equal parts. Using your hands form 4-6 patties. Heat half the olive oil in a large skillet. Cook half the patties in hot oil until browned and heated through, about 2-3 minutes per side. Repeat for second half.