

BLACK BEAN CHIPOTLE BURGERS



DIFFICULTY

EASY



TIME

25 MIN



SERVES

4

INGREDIENTS

1 egg
2 cans black beans, rinsed,
drained and rinsed (3 cups
cooked)
1 teaspoon salt
2 tsp ground cumin
2 tsp smoked paprika
1 tsp ground coriander
¼ teaspoon ground chipotle
2 TBSP avocado or olive oil
1 tsp lime zest
1 tablespoon lime juice
¼ cup chopped cilantro
¼ cup thinly sliced green onions
1/3 cup oat flour

DIRECTIONS

1. Rinse and drain 2 cans black beans and place in a medium bowl.
2. Sprinkle with salt and all the spices. Add the 1 Tbsp of oil, lime zest and lime juice. Mash with fork until mostly mashed, leaving a little texture, then mix until combined. (You could also pulse in a food processor.
3. Add the egg, cilantro and the oat flour and mix well until combined well. Let stand 10-15 minutes so the oat flour has time to absorb.
4. Using clean damp hands, form into 4 large patties (or 5 or 6 smaller ones).
5. Heat 1 tablespoon oil in a skillet, over medium heat. Sear each side 5-7 minutes, or until golden and heated all the way through so that the egg is cooked

NUTRITION FACTS PER SERVING

Calories: 290 Fat: 9.1g (Saturated Fat: 1.5g) Carbohydrates: 39.5g Fiber: 15.4g Sugar: 1.1g Protein: 14.9g



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