



Veggie Black Bean Burgers

Packed with plant power, fiber, and flavor!

Makes aprox. 4 burgers

Ingredients

- 1/2 cup Old Fashioned oats
- 1 (15 oz) can black beans, drained and rinsed
- 1 egg
- 2 garlic cloves, grated or minced
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/2 cup shredded carrot
- 1/2 cup finely chopped spinach or kale
- 1/4 cup finely chopped red bell pepper
- 2 oz Monterey Jack or cheddar cheese, finely grated (optional)
- 1 large scallion, thinly sliced
- 2 T cilantro, chopped
- 1 T olive oil
- 4 hamburger buns, toasted or lettuce wraps
- Sliced avocado, salsa, and lettuce for serving

Directions

1. In a food processor, pulse oats 3–4 times to roughly chop.
2. Add half the black beans, egg, garlic, cumin, and salt. Process for about 1 minute until mostly smooth.
3. Transfer the mixture to a large bowl. Stir in the remaining black beans, carrots, spinach, bell pepper, cheese (if using), scallion, and cilantro. Mix until well combined.
4. Lightly wet your hands and shape into four 1/2-inch thick patties. Place on a plate and freeze for at least 10 minutes to firm up.
5. Heat a heavy skillet over medium-high heat. Add olive oil and swirl to coat. Cook patties for 3–4 minutes per side, flipping carefully, until browned and heated through.
6. Serve on toasted buns with avocado, salsa, lettuce, or your favorite toppings.

Equipment

- Food processor
- Large bowl
- Large pan or cast iron pan
- Metal spatula
- Measuring Spoons/Cups
- Chef Knife
- Cutting Board
- Plate for Serving