

Protein-Packed Spicy Black Bean Burger Recipe

Description

These spicy black bean burgers were created by accident. I intended to make them more of a cake (think crab cakes without the crab), but ended up with more of a flat, burger-like patty.



Do you ever do that; set out to make one thing, and wind up with something else? I guess thatâ€™s how a lot of great things have come into existenceâ€¦the slinky, microwave, Post-it notes, and even chocolate chip cookies, to name a few.

I mixed everything together, thought it was too runny, so I added more dry ingredients. Then a little more dry ingredients. You know, *just to be safe*.

Apparently, the addition of dry ingredients was just a little too much. Instead of a moist and tender bean cake, I wound up with a slightly crispy and tasty black bean burger.

Meh, Iâ€™m still eating them like a cake and leaving out the bun! These wouldâ€™ve great formed into rectangles for a fun kid-friendly finger food you could use with cottage cheese, Greek yogurt, or just mustard as delicious dips.

Remember when I mentioned these on my last [Meatless Monday](#) post? Well, hereâ€™s the recipe as promised. This recipe is one delectable mistake that Iâ€™ll be making again; on purpose this time. Try it for yourself and let me know how you like it or what you did different.

Spicy Black Bean Burgers



Roasted Grape Tomatoes and Shittake Mushrooms take the cake?

by RC Liley

Prep Time: 30 min

Cook Time: 50 min

Ingredients (Serves 4 – 6)

- 1 cup dried black beans, soaked overnight or 2 (15oz) cans of black beans, rinsed and drained
- 6oz of your favorite salsa; the amount varies, just eyeball it and add more towards the end if needed
 - 1 medium onion, chopped
 - 2 bell peppers (any color); chopped
 - 4 cloves garlic; crushed and minced
 - 4 tablespoons spicy brown mustard
- 2 whole eggs or 3 egg whites; you can use 1/4 cup ground flaxseed or [chia seeds](#) to make this vegan
 - 3/4 cup [coconut flour](#)
 - 3/4 cup unflavored [protein powder](#); can use more coconut flour as a substitute
 - 1/4 cup [rolled oats](#)
 - 2 teaspoons cumin
- Ground black pepper to taste; no need for salt as there should be enough in the salsa and mustard
 - 1/2 teaspoon cayenne
 - 3 tablespoons dried cilantro

Instructions

- Pre-heat oven to 375 degrees.
- Heat a saucepan over medium-high heat, sweat onion, bell peppers, and garlic; add beans, cilantro, and spices and cover to let simmer for 20 – 30 minutes.
- Remove beans from heat and transfer to large bowl to let cool; you don't want to cook the eggs!
- Using a large fork or potato masher, mash most of the beans leaving a few ones intact for texture.
- Add remaining wet ingredients to bowl and mix well. Sift dry ingredients in small bowl and slowly mix into wet.
 - With a large spoon, scoop the mix onto a parchment lined baking sheet, form into patties or whatever shape you want, and bake in the pre-heated oven for 30 minutes, and then flip over and cook another 10 minutes.
- Remove from oven (should have a crispy brown crust) and let cool on pan for 5 to 10 minutes.
 - Top each cake with salsa, plain yogurt, cottage cheese, or mustard and any of your favorite toppings. Serve with a big side of steamed veggies.

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