

## 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 theâ€¦umâ€¦cake?

by RC Liley

**Prep Time:** 30 min

**Cook Time:** 50 min

### Ingredients (Serves 4 â€” 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 â€” 30 minutes.
- Remove beans from heat and transfer to large bowl to let cool; you donâ€™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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