



Black Bean Burgers

INGREDIENTS:

- 1 15 oz can of black beans, drained and rinsed
- 2 cups of cooked brown rice
- ¼ of red onion, diced
- 3 cloves garlic, chopped
- 1 jalapeno, stemmed, seeded, and chopped
- ¼ cup chopped cilantro
- 1 tbsp of ground flaxmeal
- 2 tbsp of extra virgin olive oil (and more for drizzling)
- ½ tsp of cumin
- ½ tsp of paprika
- Sprinkle of crushed red pepper or cayenne pepper for added heat (optional)
- Sea salt and pepper to taste



DIRECTIONS:

1. Preheat oven to 400°.
2. Combine all of the ingredients in a food processor until combined, leaving some chunks for texture.
3. Divide mixture into 6 portions and form burger.
4. Arrange burgers on a parchment-lined baking sheet, drizzle with olive oil and bake until golden brown, about 25 minutes.

EXTRA TIME SAVER TIP: Make the mixture on Sunday night and have them ready to go for a quick after work meal during the week.