



Vegetarian Black Bean Burgers

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 16 oz can of black beans, rinsed and drained
- 1 egg
- 1 heaping cup of bread crumbs
- 3 tbsp of chili powder
- 4 tbsp of cumin
- pinch of garlic powder
- pinch of onion powder
- salt and pepper
- *hot sauce or salsa, optional*
- vegetable oil
- pickles
- fresh heirloom tomatoes
- focaccia
- green or red leaf lettuce
- blue cheese

Instructions

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1. Mash black beans either with a fork or in a ricer.
 2. Mix in spices, bread crumbs, hot sauce, and egg.
 3. Form mixture into patties.
 4. Preheat a medium size skillet and apply a thin layer of vegetable oil.
 5. Cook for 5 minutes on each side.
 6. Toast bread and top with lettuce, tomatoes, pickles, and blue cheese.
- **Tip if mixture is too wet/sticky add more bread crumbs. If the mixture is too dry add some salsa or a splash of vegetable stock**