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

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**