Smokey Black Bean Burgers

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 12 oz can of black beans, drained and rinsed
- 3 1/2 Tbsp olive oil
- 1/3 cup bulgar wheat
- 1 small onion, minced
- 1 garlic clove, minced
- 1/4 tsp crushed red pepper
- 1 tsp cumin
- 2 large eggs, lightly beaten
- 1 cup coarse bread crumbs
- salt and pepper
- canola oil for sauteing

Instructions

In a small saucepan heat 1/2 tsp of the olive oil over medium heat. Add the bulgar wheat and stir for a minute or so. Add 1/3 of a cup of water and a pinch of salt and bring

to a boil. Cover and simmer until grains are tender, about 15 minutes.
In a skillet, heat remaining olive oil over medium heat. Add onion and cook until softened. Add crushed red pepper, cumin, and garlic. Cook for about 2 minutes then remove from heat.
In a food processor, pulse all but a 1/2 cup of the black beans to a chunky puree. Transfer to a medium sized bowl. Fold in the remaining beans, the bulgar, onion mixture, eggs, breadcrumbs, and salt and pepper to season. Form into patties the size of your liking and wrap individually in plastic wrap. Refrigerate for at least 30 minutes before cooking. Excess keeps well in the freezer.
When ready to cook, heat about 1/8 of an inch of canola oil in a large skillet over medium-high heat. Cook burgers about 3 minutes per side. Serve on buns or atop a nice bed of greens. I like to eat mine on a salad with ranch dressing and a little hot sauce. Enjoy!