

# Black Bean Burger



# Black Bean Burger

Prep Time: 15-20 min.

Cook Time: 10-15 min.

Yields: Approx 20 sliders

## INGREDIENTS

3 cans	Reduced sodium black beans
1 cup	Oats
1 bunch	Cilantro
½	Onion, chopped
2	Cloves garlic, minced
1 cup	Cooked quinoa
2 tbsp	Chili powder
1 tbsp	Ground cumin
½ tspn	Sea salt
½ tspn	Black pepper

## DIRECTIONS

1. Rinse beans thoroughly. Mash ½ in a medium bowl, set ½ whole beans aside.
2. Wash and de-stem cilantro, lightly chop. Add to mashed beans.
3. Dice ½ onion. Add to mashed beans.
4. Mince garlic. Add to mashed beans.
5. (Best if done ahead of time) Cook ½ cup quinoa. Set aside too cool. Add to mashed beans.
6. Add spices, salt, pepper to mashed beans. Mix together by hand.
7. Put oats in blender and blend for 30 seconds. Add to mixture and mix well.
8. Form slider size burgers and set aside.
9. Oil skillet and heat to 400.
10. Cook burgers 3-4 minutes each side or until browned.

**FLIPANY.**  
The Ingredient to a Healthy Life

FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.



[www.FLIPANY.org](http://www.FLIPANY.org)

