



The Best Black Bean Burgers

Ingredients Needed for The Best Black Bean Burgers

- 1 package of Aunt Millie's Live Carb Smart® Hamburger Buns
- 2 (14-ounce) cans black beans, drained, rinsed, and patted dry
- 3/4 cup bell pepper, finely diced
- 1 cup yellow onion, finely diced
- 4 jalapeños, thinly sliced
- 6 pieces lettuce
- 1 red onion, thinly sliced
- 3 large avocados, smashed
- 3 garlic cloves, minced
- 2 large eggs
- 1/2 cups breadcrumbs
- 1 cup feta cheese
- 1 tablespoon Worcestershire sauce
- 1 tablespoon olive oil
- 2 tablespoons ketchup
- 1 1/2 teaspoons cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoons paprika
- salt and pepper, to taste



Directions | Yield: 6 servings of The Best Black Bean Burgers

1. Preheat the oven to 325 degrees. Spread the beans evenly on a lined baking sheet and bake for 15 minutes until slightly dried out.
2. While the beans are in the oven, heat olive oil in a skillet over medium heat. Sauté the chopped pepper, yellow onion, and garlic for about 5 minutes, until the peppers and onions are soft. In a large bowl or food processor, combine the sautéed vegetables, breadcrumbs, 1/2 cup of feta cheese, eggs, Worcestershire sauce, ketchup, and

seasonings. Stir or pulse to combine, then add the black beans. Mash the mixture with a fork or pulse it, leaving some larger chunks of beans.

3. Shape the black bean mixture into 6 equal patties by rolling them into balls.

4. Increase the oven temperature to 375 degrees. Place the patty balls on a parchment paper-lined baking sheet and flatten using the back of a spatula or pan. Bake for 10 minutes on each side.

5. To assemble the burger, start with a lettuce leaf on the bottom bun, followed by a black bean patty. Add red onion, the remaining feta cheese, jalapeños, and smashed avocado, then top with the other half of the bun.

6. Serve and enjoy The Best Black Bean Burgers!

