BLACK BEAN BURGERS

PREP TIME 10 mins
COOK TIME 20 mins
SERVINGS 8

INGREDIENTS

- 1/2 cup rolled oats
- 2 eggs
- 1 can black beans
- 1/2 tsp salt
- 1 1/2 tsp cumin
- 1 tsp paprika
- 1/2 medium red onion
- 2 Tbsp olive oil
- 1/2 cup sun-dried tomatoes in oil
- 1/2 cup dried breadcrumbs

INSTRUCTIONS

1. Rinse and drain black beans. Place in a large mixing bowl and blend with a hand blender, or crush with a fork.
2. Dice the red onion and sun-dried tomatoes and add to the bowl.
3. Add oats, eggs, salt, cumin, paprika, olive oil to bowl and stir.
4. Add breadcrumbs a little at a time until mixture is firm.
5. Mold mixture into burger patties.
6. Fry or grill patty. Cook for 5 minutes on each side. Serve with favorite burger ingredients.

https://hurrythefoodup.com/black-bean-burgers/