

Black Bean Burgers (Ashley)

Ingredients

- 3 cups cooked black beans
- 1 yellow onion
- 4 cloves garlic
- 2 eggs
- 1 cup panko bread crumbs
- 1 cup corn
- 1 teaspoon cumin
- 2 teaspoons chipotle powder (I used 1t. ancho chile powder and 1t paprika)
- 1 teaspoon granulated garlic
- ½ teaspoon salt
- ¼ cup cilantro, chopped (optional)
- olive oil for cooking and frying

Instructions

1. dice the onion and mince the garlic
2. saute the onion in a tablespoon of olive oil until tender
3. add the garlic and saute another minute
4. add the spices (not salt) and mix well, saute another minute
5. remove to a large bowl to cool
6. once the onions are cool add the bread crumbs and eggs and mix
7. mash with a potato masher until well mixed, but with some whole beans scattered throughout. Then add the corn and black beans.
8. add ½ teaspoon salt and some fresh pepper, and cilantro if you are using it
9. refrigerate the mixture for at least 5 minutes
10. form burgers in any shape you like, Use 1/3 c. measure.
11. put the sliders on a plate or sheet pan and refrigerate for 15 minutes
12. heat a large griddle or pan and add olive oil 1 teaspoon at a time.
13. cook the burgers about 5 minutes per side