

Beetroot Bean Burgers

GFO, VG



Ingredients

- 1 large beetroot
- 1/2 brown onion
- 1 can black beans, drained
- 1 egg
- 2 cloves garlic, minced
- 1/2 cup breadcrumbs or rolled oats
- 1/2 tsp thyme
- 1 tsp each cumin + paprika
- Pinch of salt + pepper

Directions

1. Preheat oven to 200 degrees.
2. Trim, peel and roughly chop beetroot. Roughly chop onion.
3. Add beetroot, onion and black beans to food processor. Pulse until well combined and a bit sticky, scraping the sides as needed.
4. Transfer to a mixing bowl and add all other ingredients. Combine well.
5. Form into 8 patties. Place on baking sheet lined with parchment paper. Bake for 15 minutes, flip and then bake for another 5-10 minutes until firm.
6. Serve on a burger bun or in a lettuce wrap with your fave toppings!

