



SLIGHTLY SPICY BLACK BEAN BURGERS

"It's so good you'll never miss the hamburger!"

INGREDIENTS:

3 c. or ½ lb **Black Bean Flakes (500657)**

3 c. water

1 c. Panko or
(*breadcrumbs, seasoned*)

¼ white onion, grated

1 egg

½ t. chili powder

½ t. salt & pepper

1 t. Sriracha

Colby Jack cheese

olive oil (for frying)

butter (for grilling)

hamburger buns, rolls or
other bread (*I used Onion
Hamburger Buns.*)

mayonnaise

lettuce

tomato, sliced

red onion, sliced

avocado, sliced or mashed

other favorite toppings

DIRECTIONS:

1. In a large bowl, add to **Black Bean Flakes (500657)**. Mix.
2. Add the **Panko (breadcrumbs)**, **grated onion**, **egg**, and **chili powder**. Add **salt**, **pepper**, and **Sriracha** to taste or as suggested. Mix, set in the fridge for 5 minutes.
3. Form patties, according to bun size. (Wrap extra patties and freeze to use later.) Return to fridge for 5 minutes.
4. Heat pan over medium-high heat, add **oil**. Preheat oven to 350° F.
5. Fry the burgers 5 minutes on one side.
6. While burgers cook, butter buns, set face down on a cookie sheet, and bake for 5 minutes.
7. Flip burgers. Wait 2 minutes, top burgers with cheese. Cover pan, cook for 3 more minutes.
8. Take buns from the oven, place patty on bottom bun, add toppings, and spread **Sriracha** and **mayonnaise** (mixed to desired heat) on the top bun.
9. Serve.