

**Spicy Black Bean Burgers**  

**Ingredients**

**4 cups cooked, rinsed, and drained black beans (about two 14.5 oz. cans)**

**¼ - ½ cup panko breadcrumbs (or Gluten Free cornbread crumbs)**

**1 egg**

**½ yellow, red, or orange pepper chopped**

**4 scallions, both white and green parts minced**

**3 TBSP chopped basil or cilantro (or a combo)**

**2 garlic cloves, minced**

**1.5 tsp. cumin**

**1.5 tsp. dried oregano**

**1 – 2 tsp crushed red pepper flakes (adjust more or less – to taste)**

**1 tsp sea salt**

**1.2 tsp ground black pepper**

**Instructions: Place 2 cups of beans into a food processor and pulse until chunky and smashed. Transfer the crushed beans to a larger bowl containing the remaining whole beans.**

**Throw your pepper, scallions, garlic, and chosen herb (basil or cilantro) into the same food processor bowl (no need to wash it after smashing the beans) and pulse until everything is chopped up (but not too much). Dump that into the bowl with the beans.**

**Add your egg, breadcrumbs, and spices to the bowl. Mix everything until it’s well combined.**

**Form bean mixture into patties and place on a plate (about ½ - ¾” thick). Place plate in the fridge and chill the burgers for at least 15 minutes to set.**

**When ready to cook, remove patties from fridge and sprinkle lightly with salt and pepper. Place a cast-iron or non-stick skillet over high heat (no fat added to skillet) – when it is hot, but not smoking, add burgers to dry pan. Cook for about 4 minutes on first side or until well seared. With a flipping spatula, turn onto second side and allow to cook for an additional 5 minutes on medium heat.**

**Serve immediately – with fixings of your choice (I usually serve with avocado and tomato slices, and Cilantro Jalapeno Sauce!**

*Recipe curtesy of Maggie Fisher*