

B L A C K B E A N B U R G E R S

INGREDIENTS:

1 15-ounce can black beans, drained	Dash of hot sauce
1/2 medium onion, chopped	3/4 cup bread crumbs
1/3 cup walnuts, chopped	1 egg
2 cloves garlic, sliced	Salt and pepper
2 Tbsp fresh cilantro, chopped	4 ounces Chihuahua or cheddar cheese, shredded
1 tsp cumin	
1/2 tsp chili powder	

WHAT TO DO:

Place black beans, onions, walnuts, and garlic in a food processor. Pulse until just mashed together. (This can also be done by hand). Mix in cilantro and spices. Add egg and mix. Add bread crumbs 1/3 at a time to make desired consistency. Salt and pepper to taste. Divide black bean mixture into 4 balls. Take one ball of bean mixture, rip off about 1/3 of it and set aside. Form a square patty with the remaining 2/3 of the bean mixture, patting to about 1/2 inch thick. Place about 1 Tbsp cheese in the center of the patty. Top with the remaining 1/3 of the bean mixture, closing the seams, so that the cheese does not escape.

Repeat the same process for all of the patties and refrigerate for 30 to 60 minutes prior to grilling. Grill about 4 minutes per side. If your patties seem to fall apart or fall through the grill grates, use a grill basket or a baking sheet on top of the grill.

These black bean burgers can be enjoyed by all Hauser Diet Types, but are best for Giraffes and Monkeys because they are lower in fat and protein, higher in carbohydrates. We came up with this recipe by using ingredients from our pantry and refrigerator. We like to serve these with fresh salsa and guacamole.