Black Bean Burgers

by

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This recipe make about 6 patties . I would say that this recipe would take you about an hour in total from start to the table. Being your first time making it, it could take a little longer. I did make some adjustments to the recipe for the fact that the one that was followed in my house kitchen, the results did not add up to theirs, so I added 15 mins to the drying of the beans. However if you wish to have the orginal recipe I can send that to you.

Ingredients

- 2- 15oz cans black beans, rinsed (reserve 6 TBSP liquid)
- 2 TBSP All Purpose flour
- 4 scallions, minced
- 3 TBSP fresh cilantro, minced
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp hot sauce (opt)
- 1/2 tsp ground coriander
- 1/4 tsp salt and pepper (each)
- 1 ounce tortilla chips, finely crushed (about 1/2 cup)
- 1/4 cup any cooking oil or cooking spray
- 6 hamburger buns

Directions

*Line rimmed baking sheet with triple layer paper towels, spread beans over the towels, let sit for 15 minutes.

*Whisk reserved bean liquid and flour in large bowl until well combined and smooth. Stir in scallions, salt & pepper till combined.

*Process tortilla chips in food processor until finely ground (30 sec). Add beans and pulse until the mixture is coarsely ground (about 5 pulses). Transfer bean mixture to the bowl with the flour mixture and mix well.

*Divide mixture into 6 portions then make your patties packed firmly. Heat 1 TBSP oil in a nonstick skillet over medium heat. Lay 3 patties in skillet and cook for 5 mins or until brown. Repeat the same cooking process for the other side and reaming patties. Remember to add the oil to cook each patty.

*If you choose to keep patties warm while cooking the remaining patties, adjust the oven rack to the middle position and heat to 200 degrees.

** To know a good patty is cooked, it should not be mushy or fall apart. If patties are mushy then you did not allow the beans to dry long enough. If patties fall apart, beans were too dry.