

taste me please

## Healthy Vegan Black Bean Burgers



**Black Bean Burgers** are an excellent alternative to traditional beef burgers! You do not have to be vegan or vegetarian to incorporate these into your diet so don't let the word, "vegan" scare you. These burgers are great for anyone who wants to reduce their meat consumption for health, environmental, animal cruelty, or economic reasons. These burgers have less calories and fat than meat burgers and better for you than processed vegan burgers purchased from the store.

Tweak the recipe to your liking to encourage you and your family to eat healthier. Just try them!

*See me...feel me...hear me...inhale me...taste me please so says our cuisine!*

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taste me please

## Ingredients

- **Black beans:** Dried or canned.
  - 2 (14.5 oz) or 2-1/2 cups of dry beans
- **Whole Grain Bread, Breadcrumbs, Oatmeal:** Used for binding and making a firm burger
  - 2 slices (crumbled) or 1 cup of breadcrumbs or 1/2 to 2/3 cup of oatmeal
- **Flaxseeds (Ground):** Ground flaxseed serves as an egg substitute to aid as an additional binding ingredient. They will keep the patties together during cooking.
  - 2 tbsp
- **Water:** Will be used with the flaxseeds for binding
  - 3 tbsp
- **Sriracha:** To add some heat.
  - 2 tbsp or increase/decrease based on desired heat
- **Black Molasses:** You can't have black beans without molasses. This adds a touch of sweetness and balances out the sriracha.
  - 1/2 to 1 tbsp, adjust according to taste
- **Spices (Dried or Fresh):** You can either go for a blend of dried or fresh spices. This includes onion, garlic, cumin, chili and smoked paprika. For convenience and to save time this recipe opts for powder spices.
  - 2 tsp of onion powder
  - 1 tsp of garlic powder
  - 2 tsp of cumin
  - 2 tsp of chili powder
  - 1 tsp of smoked paprika
  - 1/2 tsp kosher salt
  - 1/2 tsp ground black paprika
  - 2 tbsp of Sriracha
  - Oil/Cooking Spray (Grapeseed oil preferred)

## Instructions

1. Combine the flaxseed and water and set it aside to allow it to thicken.
2. Drain the beans and place in a large bowl.
3. Mash the beans until the skin is broken. There are several methods to do this.
  - a. Use a fork
  - b. Use a potato masher

- c. Use a blender
  - d. *I tried all three and found that a potato masher works the best. I recommend smashing the beans in small portions by transferring small amounts into another bowl and smashing them. Smashing them all together requires more effort. Leave some beans intact as this provides texture to your burgers.*
4. Add the breadcrumbs, dry ingredients, and flaxseed mixture. Stir until well combined.
  5. Scoop out handful of mixture to form tightly packed patties. You should be able to make 4 to 6 patties depending on your desired size. You can place the patties in the refrigerator for about 20 minutes which will help to bind them, or you can cook them right away.
  6. You can cook the patties on top of the stove or in the oven.

**Stovetop:**

- a. Warm a skillet
- b. Lightly coat it with oil, preferably grapeseed
- c. Allow the skillet to get hot then add a bit more oil
- d. Determine if the skillet is hot by sprinkling water drops on it
- e. If the water drop(s) sizzle the skillet is ready
- f. Place your burgers in the skillet and cook them for approximately 5 to 6 minutes per side

**Oven**

- a. Preheat oven to 400F
  - b. Place a piece of aluminum foil or parchment paper on a baking sheet. If using foil, coat it with oil or cooking spray, preferably grapeseed oil
  - c. Place your patties on the baking sheet
  - d. When the oven is ready, place the burgers in the oven for 10 to 12 minutes on each side.
7. To enhance these burgers, top with a combination of these vegetables and condiments:
    - a. Tomatoes, cucumbers, romaine lettuce, onions, pickles, etc.
    - b. Wasabi; barbecue sauce; steak sauce; mustard; etc.
  8. Place on a whole grain bun.

**Notes:** Adjust sriracha and molasses based on your desired hot and sweet preference. Adjust cooking/baking time based on your stove/oven.

*The burger in the picture is made with oatmeal as a substitute for breadcrumbs.*