

## RECIPE

# Black Bean Burgers



## Ingredients (4-5 patties)

- 1 cup oats, pulsed in the food processor until it becomes a coarse flour
- 3 cups of cooked black beans
- 2 Tbsp. ground flaxseed
- 1 small onion, diced, sautéed over medium-low heat in olive oil until translucent.
- 1 bunch of chopped parsley
- 1 tbsp. tomato paste

- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. paprika powder (Spanish paprika)
- ½ tsp. cumin
- 1 tsp. Worcestershire sauce
- 1 tsp. salt or to taste
- Freshly ground pepper to taste

## Instructions

- Preheat the oven or the air-fryer to 400 degrees Fahrenheit.
- In the bowl of a food processor, pulse together all the ingredients until you get the desired consistency.
- With your hands, make the shape of the patties and put them on a tray with waxed paper with a little oil.
- Put them in the oven for 10 minutes, flip them over and cook for about 5-10 more minutes.

## How to eat them

- Eat them as you traditionally do with bread, ketchup and all, but please try to choose good quality ones! Enjoy!!