

## **Black Bean Burgers**

Serves 2

### **Ingredients:**

1 15-ounce can black beans, drained

1/4 cup diced and sautéed onions

2 slices gluten-free bread, finely crumbled

1/2 teaspoon each of garlic powder, black pepper, and onion powder (optional)

1/4 teaspoon salt (optional)

1/2 cup gluten free cracker or bread crumbs

### **Instructions:**

In a large bowl, mash the drained black beans. Add the sautéed onions, crumbled bread, and spices. Mix thoroughly. Add about 1/4 cup of cracker crumbs (or just enough to be able to form patties from the mixture). Using your hands, form the mixture into 1/2-inch thick patties. For a breaded burger, gently coat each patty with more cracker crumbs.

In a lightly oiled non-stick pan, fry both sides of the patties. Serve with a garnish of lettuce, tomatoes, avocado, and any other condiments on buns or over a bed or rice.