

Black Bean Burgers

Ingredients:

1 (20 ounce) can black beans, rinsed and drained

1/4 cup yellow onion, diced

1/4 cup red bell pepper, diced

1/2 teaspoon ground cayenne pepper

1 egg replacer

1 cup gluten free bread crumbs

2 tablespoons fresh chopped cilantro

2 tablespoons olive oil

salsa, to garnish

alfalfa sprouts, to garnish

guacamole, to garnish

Instructions:

1. Preheat oven to 350 degrees F. Grease baking pan. In a large bowl, mash black beans then add onion, bell pepper, cayenne pepper, egg replacer, gluten free bread crumbs and cilantro.
2. Blend until all ingredients are mixed well. Form bean mixture into patties and place on prepared pan.
3. Bake for 10 minutes. Alternatively, fry them in olive oil. Serve with garnishes, if desired.

Servings: 6