



Vegan Black Bean Burgers

Savannah · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

Delicious vegan black bean burgers that everyone can enjoy You dont need to follow the recipe or amounts exactly I never do Serve with your favorite burger fixings and sweet potato fries

Ingredients

- - 1 (15 ounce) can black beans
- drained and rinsed - 3 baby carrots
- grated (Optional) - ? cup chopped sweet onion - ¼ cup minced green bell pepper (Optional) - 1 tablespoon minced garlic - 3 tablespoons chile-garlic sauce (such as Sriracha®)
- or to taste - 1 tablespoon cornstarch - 1 tablespoon warm water - 1 teaspoon chili powder - 1 teaspoon ground cumin - 1 teaspoon seafood seasoning (such as Old Bay®) - ¼ teaspoon salt - ¼ teaspoon ground black pepper - 2 slices whole-wheat bread
- torn into small crumbs - ¾ cup unbleached flour
- or as needed

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a baking sheet. Mash black beans in a bowl. Add carrots
2. onion
3. bell pepper
4. and garlic; mix well. Whisk chile-garlic sauce
5. cornstarch
6. water
7. chili powder
8. cumin
9. seafood seasoning
10. salt
11. and black pepper together in a separate small bowl. Stir chile-garlic sauce mixture into black bean mixture; mix in bread crumbs. Stir flour
12. 1/4 cup at a time
13. into bean mixture until a sticky batter forms. Spoon mounds of batter onto the prepared baking sheet
14. about a 3/4-inch thickness per mound; shape into burgers. Bake in the preheated oven until cooked in the center and crisp on the outside
15. about 10 minutes per side. Recipe Tip One egg can be substituted for cornstarch
16. but the recipe will not be vegan.