

Black Bean Burgers

Servings: 8 | Prep/cook time: 35 minutes

Ingredients:

1 tbsp. olive oil
1 onion, chopped
4 garlic cloves, minced
1 carrot, shredded
1 tsp. chili powder
1 tsp. ground cumin
¼ tsp. pepper
1 can pinto beans, rinsed and drained
1 can black beans, rinsed and drained
2 tbsp. Dijon mustard
2 tbsp. soy sauce
1 tbsp. ketchup
8 lettuce leaves
1½ cups quick-cooking oats
½ cup salsa



Directions:

1. In large skillet, heat olive oil over medium-high heat and sauté onions for approximately 2 minutes. Add garlic and cook 1 additional minute. Add in carrots, chili, cumin and pepper; cook until carrots are tender, about 2 minutes, stirring constantly. Remove from heat and set aside.
2. In large bowl, mash pinto and black beans. Stir in mustard, soy sauce, ketchup, carrot mixture and oats, combine, mixing well. Form into 8 evenly sized burgers.
3. Preheat grill to medium. Place burgers on oiled grill rack. Cover grill and cook burgers 5 minutes on each side.
4. Top with lettuce and salsa.

