

Herbal Legacy Recipes

Black Bean Burgers

Contributed by Amy J., Springville, Utah

Yield: 4 servings

INGREDIENTS:

- 1 can black beans – drain, but save the liquid in case you need to add it in later
- ¼ cup chopped raw onions
- ¼ cup corn meal or bread crumbs
- ½ cup flour
- 1 tablespoon fresh parsley or 1 teaspoon dried parsley
- 1-2 cloves garlic, crushed or minced
- Season with sea salt, Spike, Montreal Steak Seasoning, or Cajun seasoning

DIRECTIONS:

Mash together. If needed, add black bean liquid to get burger-like consistency. Shape patties, and then put in fridge for at least 30 minutes

Fry in a little oil on a griddle until it starts to brown on each side

Put burgers on a toasted whole wheat bun

Top with:

Tomatoes

Lettuce

Onion

Organic ketchup or tomato paste

Mustard

Vegenaise or other Mucusless Salad dressing

Pickles

For variety try:

Hawaiian Style: Top with grilled pineapple and BBQ sauce

Mexican Style: Top with grilled green chilies

Serve with Very Veggie Potato Salad

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