

## Black Bean Burger



### Ingredients:

2 cups black beans, cooked, drained, rinsed

1 cup cooked millet, quinoa, or wild rice (optional)

4 shallots, chopped

1 bell pepper, chopped

4 green onions, chopped

3 cloves garlic, minced

1 cup mushrooms, chopped

½ cup vegetable broth

1 lime or ½ lemon

4 teaspoons lime/lemon zest

1 teaspoon ground cumin

1 teaspoon smoked paprika

1 teaspoon chili powder

¼ cup ground flax seeds

1 bunch cilantro, (or basil)

½ teaspoon sea salt

¼ teaspoon pepper

¼ teaspoon chili flakes (optional)

1 head wide green leafy lettuce

1 large tomato, sliced

1 red onion, sliced

1 cucumber sliced

1 avocado, sliced

### **Directions:**

Sauté shallots and peppers 5 minutes, add garlic and mushrooms and sauté until tender using a little vegetable broth at a time to keep the skillet moist. Mash beans with a potato masher, you want some chunks, so not too much. Add grains, green onions, shallots, mushrooms, pepper, garlic, lime/lemon juice & zest, flax seed, herbs, and spices. Mix well. Refrigerate for 15 minutes or leave for the next day. Preheat the oven to 375° F. Shape into balls, then press into a patty a little less than an inch thick.

Spread parchment paper over a baking sheet. Arrange patties so they do not touch. Bake 15 minutes, then flip over. Bake 10-15 minutes more. Serve with leafy lettuce wraps and other toppings of choice.

## **Garlic Sauce**

### **Ingredients:**

2 tablespoons tahini

2 cloves garlic, minced

1 tablespoon fresh lemon juice

¼ teaspoon salt

1-2 tablespoons fresh herbs (optional)

1-2 tablespoons vegetable broth

### **Directions:**

Add ingredients except broth to the blender and blend, adding broth a little at a time until desired consistency.