Black Bean Burger

From: Dean Stansel

Servings: 3 large patties

Ingredients:

- 1 can black beans
- 2 tablespoons of black bean flour or any flour you have on hand
- 1 tablespoon Braggs Liquid Aminos or Soy Sauce
- 1 tablespoon coconut oil
- ¼ cup finely shredded carrots
- ¼ cup chopped onions
- ½ cup finely chopped roasted mushrooms
- 1/3 cup flacked old fashioned oats, finely chopped in blender
- ¼ teaspoon garlic powder
- Salt and pepper to taste

Directions:

1. Mash beans to chunky consistency.
2. Add all the rest of the ingredients except salt and pepper and mix by hand or with a spoon.
3. Form into patties.
4. Heat skillet to water ball temp, and heat oven to 350°F
5. Sprinkle patties with salt and pepper to taste
6. Cook patties on skillet 5 minutes on each side and then in oven on 350°F for five minutes to make them crispier on the outside.
7. Top with toppings of choice: lettuce, tomatoes, ketchup, mustard, chipotle sauce, cheese sauce, avocados, onions, mushrooms, jalapenos, etc.