



Bean Burgers

Prep time: 35-45 minutes

Servings: 4 large or 8 small burgers

- ¼ cup dried stemless porcini mushrooms
- 2 cups cooked or drained canned black beans
- 1 teaspoon roughly chopped garlic
- ¾ cup rolled oats, more if needed
- 2 teaspoons smoked paprika or chili powder
- 1 teaspoon cumin
- 1 tablespoon tamari soy sauce
- Sea salt and black pepper
- Bean cooking liquid, porcini soaking liquid, or water
- ¼ cup chopped cilantro
- 2 tablespoons olive oil

1. Soak the mushrooms in hot water for 5 to 10 minutes; drain, reserving liquid, and roughly chop.
2. Put the mushrooms, beans, garlic, oats, spices and tamari in a food processor with a sprinkle of salt and pepper. Let the machine run until the mixture is combined, not pureed, about 30 seconds. (You can use a potato masher instead.) Add oats to thicken, or liquid to thin, as needed.
3. Stir in the cilantro, and let sit for 5 minutes.
4. Shape into 4 large or 8 small patties; let them sit for 5 minutes.
5. Put the oil in a large skillet over medium-low heat. Cook patties until crisp on one side, about 5 minutes. Flip and cook until the burgers are crisp on the other side, another 5 minutes or so.
6. Serve with the usual fixings.



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