

BEAN BURGERS



SERVES 4

INGREDIENTS

- 1 15-oz. can black beans, drained and rinsed
- ¼ cup quick oats
- ¼ cup barbecue sauce
- Optional: salt and pepper to taste, additional herbs and spices (paprika, parsley, chili powder, garlic or powder, cumin, etc.)

SERVES 8

INGREDIENTS

- 2 15-oz. cans black beans, drained and rinsed
- ½ cup quick oats
- ½ cup barbecue sauce

BEAN BURGERS

A fork, a bowl, and three ingredients - the easiest bean burgers you'll ever make! Hint: make a big batch of these burgers and freeze them. When you're ready to eat them, simply reheat them in the oven or pop them in the toaster until warm throughout.

INSTRUCTIONS

1. In a large bowl, combine all ingredients and mash with a fork until a chunky dough forms. You want to leave some whole beans, but you want the dough to be mashed enough that it sticks together well. Taste and add salt/pepper/seasonings to your liking. If you have time, refrigerate the dough for 30 minutes.
2. Preheat oven to 400F. Divide and shape dough into 8 patties. Arrange on a parchment paper-lined baking sheet. Bake for 8 minutes, flip, and bake for another 5-6 minutes until a golden brown crust forms.
3. Serve with sliced tomato, pickles, onion, and your other favorite burger toppings. Refrigerate leftovers for up to one week or freeze in an airtight container for up to 3 months.

NOTES

- Swap the black beans for different beans. Try kidney, pinto, or cannellini beans
- Try adding some chopped veggies, for instance some frozen mirepoix (diced celery, onions, and carrots) or some chopped spinach
- If you don't have thin or quick oats, simply pulse rolled oats in a blender or food processor
- Swap the barbecue sauce for other sauces for an entirely different cuisine. Try peanut sauce, a combination of ketchup and mustard, or a tahini-lemon sauce



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