

Anticipating Our Fall Harvest Recipe July 27, 2010



Black Bean Burger

1 Tbs extra-virgin olive oil
1 small onion (coarsely chopped)
4 medium cloves of garlic (minced)
½ tsp. cumin
¼ tsp. turmeric
1 ½ cups organic black beans
1 cup cooked brown rice
2 cups fresh whole wheat bread crumbs
Optional sea salt (1 ½ tsp.)

Heat olive oil over medium heat. Add onion, red pepper and garlic. Cook while stirring frequently until soft onions are translucent. Stir in cumin, turmeric and cook for an additional minute. In a food processor, combine beans, rice, onion/pepper/garlic mixture. Transfer to a large bowl. Add bread crumbs and mix well. Check seasoning. Flatten ¼ cup of mix into patty.



Alternative: After mixed: add 1 smashed garlic clove, 1 Tbsp fresh basil, dash of hot sauce.