












CHIPOTLE BLACK BEAN BURGER

Ingredients:

-  2 cans of black beans
-  2 tbsp olive oil
-  2 tsp smoked paprika & cumin
-  1 tsp salt & coriander
-  1 tbsp lime juice
-  ½ cup bread crumbs
-  ½ cup ground flax seed
-  ¼ cup chopped cilantro
-  ¼ tsp chipotle powder

Instructions:

1. Rinse and drain 2 cans black beans and place in a medium bowl.
2. Sprinkle with salt and all the spices. Add olive oil and lime juice. Mash mixture until satisfied, leaving a little texture, then mix until combined.
3. Add ground flax seed and cilantro. Mix well until combined well. Let stand 10-15 flax have a chance to absorb moisture.
4. Using clean damp hands, form into 4 large patties (or 5 or 6 smaller ones).
5. Heat oil in a skillet, over medium heat. Sear each side 5-7 minutes, or until golden brown. Feel free to add any melty cheese.

Nutrition: • Cal: 290 • Carbs: 39.5g • Fiber: 15.4g • Sugar: 1.1g

