

Simple Black Bean Burger

The chipotle chile powder gives these burgers smokiness with an edge of spiciness. If you'd rather them not be spicy, substitute mild smoked paprika.

Prep Time: 10 min

Cook Time: 25 min

Total Time: 35 min

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Ingredients

- 1 $\frac{1}{3}$ cups rolled oats (old fashioned oats) (*use certified gluten-free oats to assure that the burgers are gluten-free*)
- 16 ounces black beans (*1 can, well-drained*)
- $\frac{3}{4}$ cup salsa
- 1 tablespoon soy sauce (*or $\frac{1}{2}$ teaspoon salt, optional*)
- 1 $\frac{1}{4}$ teaspoons mild chili powder (*more or less, to taste*)
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ cup corn kernels (*fresh or frozen and thawed*) optional

Instructions

1. Place the oats in a food processor fitted with an S-blade and pulse 5 or 6 times until they are partially chopped (some will be powder, some will be whole.) Add all ingredients except the corn and pulse until most of the beans are blended.
2. Pour bean mixture into a bowl and stir in the corn. Cover and refrigerate for about 15 minutes.
3. Preheat oven to 375F. Line a baking sheet with parchment paper. Form bean mixture into six patties using a scant $\frac{1}{2}$ cup for each. Bake for 20-30 minutes, being careful not to overcook and dry them out. They're done when the outside is beginning to get crispy and they hold together well.

Air Fryer Cooking Instructions

Preheat the air fryer to around 375F. Place the burgers in a single layer and air fry until slightly crispy on the outside, about 15 minutes. (They have a tendency to stick, so consider using perforated parchment paper underneath them.)

Notes

These are easy to freeze either baked or unbaked. Just shape the burgers and wrap them tightly to store in the freezer for about 3 months. Thaw unbaked burgers well before cooking.

Nutrition

Serving 1 burger | Calories: 158kcal | Carbohydrates: 30g | Protein: 8g | Fat: 1.3g | Sodium: 690mg | Potassium: 351mg | Fiber: 9g | Sugar: 2.7g