

Quick Black Bean Burgers

Serves 4

Ingredients:

1 ½ cups cooked or 1-15 ounce can low sodium black beans, drained

¼ cup minced onion

2 cloves garlic, finely chopped

2 Tablespoons ketchup

1 Tablespoon mustard

¼ cup old fashioned oats

Instructions:

1. Preheat oven to 375 degrees F.
2. In a mixing bowl, partially mash beans with a fork.
3. Stir in onions, garlic, ketchup and mustard.
4. Mix in oats
5. Divide into four burgers and place on a baking pan lined with parchment paper.
6. Bake for ten minutes, carefully flip and bake for another ten minutes.
7. Goes well on bun, with all the fixins': mayo, pickle, lettuce, tomato, etc.

Note: If you like onions, can use 1/3 cup. If you add more ingredients such as a little yellow corn, wild rice, you'll need to keep an eye on consistency and add more ketchup if necessary. Can even add some egg white to help burger to stick together.