

## Black Bean Burgers (No Meat)



- 1 (15-ounce) cans of black beans. Drain and rinse them to get starchy water off of them
- 1/2 cup of finely chopped onion
- 1/2 cup of finely chopped pepper of your choice (I used bell because that is what I had)
- 1 clove mince garlic
- 1/2 cup roasted cashews
- 3 tablespoons of crumbly cheese feta or Gorgonzola
- 1 tablespoons mayonnaise
- 1 small egg
- 1/3 - 1/2 cup panko bread crumbs
- A few drops of liquid smoke (optional)

Dry black beans by spreading on a pan in a single layer and either putting them in 350° oven, or better yet, I did mine on our pellet smoker for even more flavor. Cook them until they are dry and split open (about 15-20 minutes). Let cool to be able to handle

Saute the onions and peppers on a pan until they are soft but not mushy. About 5 minutes on medium heat. Add garlic and sauté another minute or 2 only, then remove from heat and put aside in large bowl to be used later to mix everything together

Pulse the cashews in a food processor a few times until they pieces are all smaller than 1/4". But don't make it a powder, you are looking for texture in this. Pop them into the mixing bowl with the sautéed onions and peppers.

When the beans are cool enough to handle pulse them in the food processor until they are about no larger than 1/3 of a bean size. This may only take 2 or 3 pulses with the processor (don't leave it on, or you will get a paste). Add to mixing bowl along with Mayo, Egg, Cheese and bread crumbs. Add crumbs a bit slowly until you get a packable consistency. You can make patties and store them or just store in bowl in fridge like this.

Cooking on the grill, brush the top of the burger with oil and put it oil side down on grates. Cook for just about 3-4 minutes on med to high heat. Before you flip it, brush the top of the burger with oil, then flip over gently one time only. Cook for about 2 minutes on this side. Don't be tempted to flip or mess with it too much, it will get crumbly if handled too much.

Cooking on a frying pan or flat top grill - Same as above except put some oil in the pan rather than on brushing it on the burger. Same cooking times as above.