Memphis Black Bean Burgers

Categorized under

- Veggies [1]

For when you want to mix up your normal burger routine. These ingredients make 8 burgers and thanks to Eric B. for the recipe!

Ingredients list

- 2 (15.5 oz.) can black beans
- 1 whole green bell pepper
- 1 whole white onion
- 6 cloves of garlic, peeled
- 2 eggs
- 2 Tbsp chili powder
- 2 Tbsp cumin
- 1½ C bread crumbs

Directions

1. Set your Memphis Wood Fire Grill to 375 degrees F.
2. Drain and rinse both cans of black beans. Pour into a medium size bowl.
3. Mash beans with a fork into a paste.
4. Finley chop bell pepper, onion, and garlic and stir into bowl with mashed beans.
5. In a separate bowl, mix egg, chili powder and cumin.
6. Stir egg mixture into the mashed beans. Mix in bread crumbs until the is mixture sticky and holds a patty form.
7. Divide mixture into 8 patties.
8. Place patties on baking sheet and cook on the grill for about 10 minutes on each side.

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Prep Time:
Cook Time:
Total Time:

Yield:
Serving size:
Calories per serving:
Fat per serving:
Ingredients:

Directions:

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Additional Photos:

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