



Versatile & Melt –In-Your-Mouth- Flavorful Bean Burger

Ingredients:

- 1 cup Pinto beans, uncooked, cooked with Kombu seaweed
- ¼ cup Black Beans, uncooked or ½ cup canned, and drained
- ½ small Spanish onion, diced, ½ red onion, diced
- 4 cloves garlic, minced
- 3 Tomatoes, seeded and diced
- 1 small Jalapeno pepper, diced
- 1 small red pepper, diced small
- 1 cup carrots, shredded
- 1 Organic Egg
- 1 Tablespoon Olive Oil for Sauté
- ½ cup chopped cilantro
- 1 teas., Cumin, Coriander, Oregano, Chili powder
- 1 teas. Sea Salt, pinch of ground pepper
- 2 teas. Tamari or Shoyu (Soy Sauce)
- ½ cup Italian Whole wheat bread crumbs
- ¼ cup Cornmeal

Procedure:

1. Cook beans with Kombu according to bean Instructions, drain well
2. Sauté Onion, and garlic until golden, add spices, peppers, carrots
3. In larger mixing bowl add all other ingredients with cooled beans
Can add more cornmeal if too wet.
4. Using a larger baking sheet, spray with Olive oil and scoop out Burgers, flattened down, bake at 350 degrees for 10 mins on each side, don't overcook.
5. Let cool before handling
6. Prepare choice of toppings

This Burger needs Garnish and topping because of the dark color
Recipe by Chef Kathryn Bari-Petritis, 2/2007, All Rights reserved)