Black Bean Burgers

This yummy black bean burger recipe holds its own at a cookout or dinner next to any meat dish!

Recipe by Rebecca Silverman
Makes 4 servings
Price Per Serving: $1.03
Prep Time: 30 minutes | Cook Time: 8 minutes

1 15oz can of black beans washed and drained
2 tsp dried parsley
3 tsp chopped onions
1 carrot grated
1 tsp sea salt
1/2 tsp cumin
1 tsp chili powder
1 tsp minced garlic
1/3 cup flour

Mash the beans halfway. Add the rest of ingredients except the flour and mix until incorporated. Add flour, mix, and form the mixture into 4 patties. Heat skillet to medium-high (use a little oil if you are not using a nonstick pan). Cook each patty for 4 minutes per side until crisp on outside.