



# Black Bean Burger



## Ingredients

- 1 (400g) tin black beans,
- 1/2 green pepper
- 1/2 onion, halved
- 3 cloves garlic, peeled
- 1 egg
- 1 tablespoon chilli powder
- 1 tablespoon cumin
- 1 teaspoon tomato sauce
- 50g breadcrumbs
- Wholemeal bread rolls

## Method

**Preheat oven to 190 C and lightly oil a baking tray.**

**Drain and rinse the black beans then mash with a fork until thick and pasty.**

**Finely chop green pepper, onion and garlic. Stir into mashed beans.  
In a small bowl, stir together egg, chili powder, cumin and tomato sauce.**

**Stir the egg mixture into the mashed beans.**

**Blend 2 slices of bread to make breadcrumbs. Mix in breadcrumbs until the mixture is sticky and holds together. Divide mixture into four patties.**

**Place patties on baking tray, and bake about 10 minutes on each side.**

**Serve in a whole meal bun, with a slice of cheese and lettuce/pickle as desired.**