



# VEGETARIAN BURGER

## WITH CO-OP GOLD PURE BLACK BEANS

### INGREDIENTS

- 4 (540mL) can of CO-OP GOLD PURE Black Beans, drained and rinsed
- 1/2 green bell pepper, finely chopped
- 1/2 onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 CO-OP GOLD PURE Egg
- 1 tablespoon chili powder
- 1 teaspoon Frank's Red Hot Sauce
- 1/2 cup bread crumbs
- Yucatan Guacamole
- 4 hamburger buns

### DIRECTIONS

If grilling, set your outdoor grill to high heat, and lightly oil a sheet of aluminumfoil. If baking, preheat oven to 375 F, and lightly oil a baking sheet. In a medium bowl, mash black beans with a fork until thick and pasty.

Finely chop bell pepper, onion, and garlic, and then stir into mashed beans. In a small bowl, stir together egg, chili powder, cumin, and Frank's Red Hot Sauce.

Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.

If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet and bake about 10 minutes on each side.

Place bean burger on hamburger bun and top with Yucatan Guacamole

### NOTES

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