



# Vegan Black Bean Burger

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Hearty vegan black bean burger with lots of flavors! These tasty veggie burgers are a healthier fast-food option that is perfect for lunch or dinner. The recipe is plant-based, gluten-free, easy to make, and satisfying for vegans, vegetarians, and even meat-eaters!

<b>Course</b>	Dinner, lunch
<b>Cuisine</b>	American
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	15 minutes
<b>Total Time</b>	30 minutes
<b>Servings</b>	4
<b>Author</b>	Michaela Vais

## Equipment

- Electric coffee/spice grinder\*
- Food processor\*



## Ingredients

### Burgers:

- 1 15 oz can (270 g) black beans drained and rinsed (see notes)
- 1/2 cup (60 g) sunflower seeds (see notes)
- 2/3 cup (60 g) oats (gluten-free if needed)
- 1 tbsp (30 g) tomato paste
- 1 1/2 tbsp soy sauce (gluten-free if needed) or tamari
- 3 garlic cloves minced
- 1/2 large (65 g) onion chopped
- 3 chia eggs or flax eggs (3 tbsp ground chia seeds + 1/4 cup water)
- 2 tsp onion powder
- 2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp red pepper flakes or less/more to taste
- 3/4 tsp sea salt or less/more to taste
- Black pepper to taste
- 3 tbsp fresh parsley finely chopped

### Other Ingredients:

- Oil for frying
- Vegan barbecue sauce (optional)

- 4 burger buns regular or gluten-free
- Fresh veggies of choice e.g. tomatoes, lettuce, onion, cucumber
- Vegan cheese
- Dressing of choice (see notes)

## Instructions

1. Mix 3 tablespoons ground chia seeds with 1/4 cup of water in a small bowl and set the mixture aside for 5 minutes to thicken. If you don't have ground chia seeds, simply blend whole chia seeds in an **electric spice/coffee grinder** or **blender** for a few seconds.
2. In the meantime, rinse the canned beans very well in a sieve, then drain them and pat dry.
3. Process the oats and the sunflower seeds in a **food processor** or blender (use the pulse function).
4. Next, add all the other ingredients to the food processor and mix again. Don't over mix, as the burgers should still have some texture.
5. Form 4 burger patties with your hands. If the mixture is too sticky, you can simply add more oats. If it's too dry, add a little water.
6. Heat some oil in a large frying pan and add the four burger patties. Fry on both sides until they firm up. It will take about 12-15 minutes in total. Check the oven method in the recipe notes below. **Tip:** Brush some vegan barbecue sauce or Sriracha onto the burgers after flipping them! It adds an even more delicious flavor and it furthermore makes them look juicier.
7. Assemble the black bean burgers with burger buns of your choice and add fresh ingredients such as onion rings, tomato slices, cucumber slices, fresh lettuce leaves, avocado (guacamole), etc. I also added my **Easy Vegan Cheese Sauce**. Serve with homemade crispy **Oven-Baked Potato Wedges**, and **Vegan Onion Rings**.

## Notes

### Video Of The Recipe

- **Beans:** You can use canned beans that are already cooked or cook dry beans until soft (which takes a while though).
- These vegan black bean burgers are firm on the outside but soft on the inside. If you want them to be firmer on the inside, you can first pan-fry the burger patties and then bake them in the oven at 375 °F (ca. 190 °C) for about 15 minutes.
- **Oven method:** Place the patties on a lined baking sheet, brush or spray with some oil and bake in the oven for about 25 to 30 minutes or until they reach the desired firmness. Flip halfway through and brush with vegan BBQ sauce.
- **Sunflower seeds:** You can use nuts such as walnuts or cashews instead of sunflower seeds.
- Check the recipe for my delicious **Vegan Thousand Island Dressing**.

- Store leftover burger patties in an airtight container in the refrigerator (up to 3 days) or freeze for up to 3 months.
- Read the blog post above for more helpful tips.
- Recipe adapted from my **Vegan Meatballs**.
- Recipe serves 4. Nutrition facts are for one serving (only burger patties).

<b>Nutrition Facts</b>	
Vegan Black Bean Burger	
<b>Amount per Serving</b>	
<b>Calories</b>	<b>275</b>
	<b>% Daily Value*</b>
<b>Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
<b>Carbohydrates</b> 27g	<b>9%</b>
Fiber 12g	<b>48%</b>
Sugar 2g	<b>2%</b>
<b>Protein</b> 12g	<b>24%</b>

\* Percent Daily Values are based on a 2000 calorie diet.