




Julie Zyromski

Vegan Black Beans Burger

Portions: 4 burgers

Preparation: 20 minutes

Cooking time: 15 minutes

 4



Ingredients

1 can 540 ml (19 oz) black beans
1/2 cup (125 ml) roasted red peppers
1/2 cup (125 ml) unsalted roasted peanuts
1 cup (250 ml) roasted walnuts
1 cup (250 ml) bread crumbs
2 tablespoons (30 ml) soy sauce
3 garlic cloves, finely minced
1 teaspoon (5 ml) ground cumin
1 teaspoon (5 ml) sweet paprika
1/4 cup (60 ml) water
1/4 cup (60 ml) store-bought vegan BBQ sauce
1 tablespoon (15 ml) additional water

At service:

4 burger buns
Lettuce
Tomatoes
Vegan mayo
Vegan pesto
Avocado

Steps

1. In a food processor, grind all the ingredients together to form a homogeneous paste, without becoming too smooth.
2. Form the mixture into 4 large patties.
3. Mix the BBQ sauce with the additional water, then baste the patties on both sides.
4. On hot BBQ, add more sauce on each side of the patties and sear on each side.
5. Slightly decrease the temperature of the BBQ and continue cooking for about 10 minutes without further grilling the patties.
6. Serve with mayonnaise with pesto, lettuce, tomato, avocado or your favorite condiments.