



# Black Bean Burgers



Prep Time: 10 mins Cook Time: 10 min Serves: 4

## Ingredients:

- 1 (15 oz) can of un-salted black beans
- 1/2 cup of oats
- 1 tsp olive oil (plus more for cooking)
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 small radishes

## Instructions:

1. Drain and rinse the black beans and put in a mixing bowl.
2. Mix in the oats, spices, and olive oil.
3. Use the back of a fork or a potato masher to mash the mixture until it will stick together.
4. Shred the radishes and add to the black bean mixture.
5. Form into 4 tightly packed patties that are 1/2 inch thick.
6. Drizzle oil on a large skillet and heat to medium.
7. Add patties to skillet and cook for 3-4 minutes on each side or until golden brown.

**Serve on a whole grain bun with homemade pickled veggies and fresh lettuce**