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Happy Herbivore Recipe

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Black Bean Burgers

Prep time: **5 min** | Cook time: **15 min** | **Total time: 20 min**

Servings: 4 | [Edit](#)

I developed these burgers in a hotel room: they're quick, easy and require very few ingredients. (In fact, except for the beans and a seasoning packet, I sourced all the ingredients from the complimentary "breakfast bar"). I make these burgers any time I need a super fast meal or I'm really low on ingredients.



Instructions

Preheat oven to 400F. Grease a cookie sheet or line with parchment paper and set aside. In a mixing bowl, mash black beans with a fork until mostly pureed but still some half beans and bean parts are left. Stir in condiments and spices until well combined. Then mix in oats. Divide into 4 equal portions and shape into thin patties. Bake for 7 minutes, carefully flip over and bake for another 7 minutes, or until crusty on the outside. Slap into a bun with extra condiments and eat!

Nutritional Information

Serving Size:	1
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Servings Per Batch:	4
Amount Per Serving	
Calories	109
Fat	0.50g
Carbohydrate	17.60g
Dietary Fiber	3g
Sugars	2.20g
Protein	5g