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Network Marketing Tips for Your Health & Wealth



Black Bean Burgers

Serves 4

3 Tbs. Olive oil

½ cup thinly sliced scallions (white and green parts)

1/3 cup finely chopped poblano chile (1 small)

2 large cloves garlic, finely chopped

1 15-oz can black beans, drained and rinsed

½ cup coarsely chopped fresh cilantro

½ cup toasted whole-grain breadcrumbs (about 1 slice of bread)

1 large egg, beaten

½ tsp. Pure chile powder, such as ancho or New Mexico

½ tsp. Ground cumin

Kosher salt

Tomatillo and Avocado Salsa

Heat 1 Tbs. Of the oil in a non stick skillet over medium heat. Add the scallions poblano, and garlic and cook until beginning to soften, 1 to 2 minutes. Transfer to a food processor. Add the beans and pulse 2 or 3 times to roughly chop. Be careful not to over-process.

Transfer the mixture to a large bowl and gently mix in the cilantro, bread-crumbs, egg, chile powder, cumin and ¾ tsp. Salt. Shape the mixture into 4-equal ¾ inch thick patties. Refrigerate, covered for at least 30 minutes and up to to 4 hours.

Heat the remaining 2 Tbs. Oil in a large skillet over medium heat. Cook the burgers until nicely browned on both sides, flipping carefully, about 5 minutes total. Serve with Tomatillo and Avocado Salsa... Yummy!

Tomatillo and Avocado Salsa

medium tomatillo, husked, washed, and coarsely chopped

1 Tbs. Thinly sliced scallion

½ tsp. Chopped garlic

½ tsp. Seeded and minced serrano chile; more to taste
1 large ripe avocado, pitted, peeled and coarsely chopped
Kosher salt and freshly ground black pepper.

Put the tomatillo, scallion garlic, and serrano in a food processor and process until finely chopped about 15 seconds, Add the avocado and pulse until just combined. The salsa should be chunky. Season to taste with salt, pepper and more serrano!... Yummy

- **note** * Since this video I've tried adding corn about ½ cup. I've also added ½ oat meal with the bread-crumbs, I've added shredded carrots raw uncooked.
- You can freeze the burgers before you fry them, just wrap them in plastic wrap individually. Once they are hard frozen put them in a larger freezer bag all together. This is wonderful for those times you want to eat well, but you just don't feel like cooking!

Top off the burger with sugar free catchup if you like, lettuce, sugar free pickles and add a salad and maybe sweet potato baked fries!

Don't forget to support your local farm markets and local farmers! Their work is hard and without them you would not be eating bean burgers! (-: