

# Baked Black Bean Burgers

VEGAN + GLUTEN FREE + SOY FREE



## Ingredients:

- 3 cups cooked black beans
- 1 cup cooked quinoa
- 1 cup mashed sweet potato
- 1/3 cup chopped onion
- 1/2 cup roughly chopped sprouted pumpkin seeds
- 1 cup freshly grated carrot
- 1/3 cup nutritional yeast
- 1 cup ground flax seed
- 1/4 cup chili powder
- 3 tablespoons vegan barbecue sauce
- 1 Tablespoon (2 cloves) minced garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup sesame oil
- 1/4-1/2 cup water
- 1/4 cup GF oats

## Instructions:

Preheat oven to 400 degrees, please!

In a food processor, combine ALL ingredients except oil, water, and oats. Combine until ingredients are all mixed, but not mushy. There will still be some chunks in this burger!

Pour contents of food processor into a large mixing bowl. Add water and oil, and stir well. Add oats to mixture, allowing to absorb any excess moisture.

Form into hockey-puck-ish sized patties, and place onto a non-stick baking sheet.

Bake for about 15 minutes, or until burgers are uniformly browned and cooked all the way through. Serve with tomatoes, avocado, grilled onions, sprouts and your favorite mustard on a delicious whole wheat or gluten-free bun.

Makes 12+ burgers.

Wrap 'em up and they last for a week in the fridge.