

Black Soybean Burgers

Prep Time: 30 minutes

Difficulty Level: Easy







Servings: N/A

Overnight yes/no: No



Ingredients:

 Available for purchase in the PureFormulas Store

- 1 15oz can of black soybeans
- ½ cup of brown rice flour 
- 2 tbsp of sunflower oil 
- 1 tsp of salt 
- 2 tsp of pepper 
- 3 tsp of garlic powder 
- ½ tsp of chili powder 
- ½ tbsp of parsley
- 3 tbsp of minced red onions

Directions:

1. Rinse off the beans and add them to a blender, and blend until they are mashed.
2. While they are blending, mince the onion and chop the parsley.
3. After the beans are blended, remove from the blender and add to a large mixing bowl. Now add the onions, salt, pepper, garlic powder, parsley, and chili powder.
4. Once the ingredients are mixed, add about 1/4 cup of flour and continue to mix. Once mixed, add another 1/4 cup of flour, and the beans should be able to stay together.
5. Heat up a tablespoon of sunflower oil on the stove. While the oil is heating up form the patties. Cook each patty on its side for about 3 minutes each. (Each patty will take about 6 minutes total to cook).
6. Enjoy!