

# Black Bean Zucchini Burger



## Ingredients

### Patty:

- 1 cup brown rice, cooked (measured after)
- 2 x 14 oz cans black beans, drained & rinsed
- 2 eggs, large
- 3/4 cup (1 small) grated zucchini, liquid squeezed out (measured after)
- 1 medium onion, grated\*
- 2 large garlic cloves, crushed\*
- 1 cup oat flour (for GF version) or whole grain breadcrumbs (I prefer latter)\*\*
- 1 1/4 tsp [salt](#)\*\*\*
- 1 tsp [cumin](#)
- 1 tsp chili pepper in adobo sauce, minced (more to taste)
- 2 - 4 tbsp [coconut](#), [avocado](#) or [sesame oil](#), for frying

### Burger (use your imagination):

- 9 sprouted whole wheat buns (I like [Silver Hills](#) or [Food for Life](#))
- Cheese (I use shredded organic cheddar)
- Lettuce (use in place of a bun for low carb version)
- Tomato slices
- Red onion slices Coupons
- Pickles
- Avocado, sliced
- Ketchup and mustard

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## Directions

1. Cook rice as per package instructions.
2. In the meanwhile, in a large bowl, add beans and mash with a masher until coarse puree with some bean chunks forms. It doesn't have to be smooth, in fact coarser texture means "meatier" burger. Add remaining **Patty** ingredients (except oil and don't forget rice) and mix with spatula.
3. Preheat large skillet on low - medium heat and swirl a tablespoon or two of oil to coat it generously. Scoop 1/2 cup **Patty** mixture and form into a patty, place on a skillet and proceed

doing the same with remaining mixture. Fry for 7 - 8 minutes or until crispy and golden, on each side.

4. To serve, I usually top desired amount of patties with a bit of shredded organic cheese, cover and cook on Low until cheese is melted. Transfer to a platter. Spread a bit of butter on each side of a bun, place inside side down in a skillet and fry until crispy edges appear. Obviously, place patty on a bun and serve with toppings.

**Storage Instructions: Refrigerate patties in [a glass airtight container](#) for up to 5 days.**

**Freeze cooked or uncooked separated with pieces of parchment paper for up to 3 months. Reheat in the oven or in a skillet covered with a lid. Assemble a burger.**

## Notes

\*I puree onions and garlic using [Ninja cup attachment](#). \*\*I make my own breadcrumbs by baking organic sprouted bread at 300 degrees F and then processing in a blender or food processor. \*\*\*I used [my own cooked beans](#) so you might need to use less salt if using canned.

<http://ifoodreal.com/black-bean-zucchini-burger-recipe/>

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