Black Bean Cakes

INGREDIENTS

*This is a half veggie burger*
- 3 cups of lentils or beans, cooked
-1 cup of bell peppers or other veggies (finely chopped)
-1lb of ground beef or other ground meat
-1 egg (optional)
Salt and pepper

INSTRUCTIONS

*Notes* you can use almost any vegetable to make these burger patties, except lettuce and other greens. If you pick a hard vegetable like potato, squash or eggplant, you will need to cook it first. And please make sure that the vegetables are finely chopped*

1. Roughly mash the lentils or beans
2. Mix the lentils (or beans) with the vegetables in a large bowl
3. Add in the meat and mix well
4. OPTIONAL: Add the egg into the mixture (this helps keep the patty from crumbling)
5. Season wit salt and pepper to taste
6. Form the mixture into burger patties (usually makes 8)
7. Grill, or cook on stove top on medium – high heat
8. Sear until brown on both sides (or to preference)
9. Add whatever condiments you want

ENJOY!