

# Mushroom and black bean burgers

Vegan burgers made with a base of mushrooms, veggies, black beans and breadcrumbs. Perfect for your summer BBQ.

Author: Liz Hughes at ourlizzy.com

## Ingredients

Serves 6

- 1 tin black beans (or kidney beans)
- 1 clove garlic crushed
- 1 onion finely chopped
- 100g mushrooms finely chopped
- 1 small carrot grated
- 100g breadcrumbs
- ½ tsp chilli or paprika
- 2 tbsp gram flour
- handful of fresh herbs (optional)
- 1 tsp sunflower seeds (optional)
- ½ tsp salt/1 tbsp soy sauce
- ¼ tsp black pepper (or to taste)
- 1-2 tbsp olive/vegetable oil

## Method

1. Rinse the beans in running water and drain in a colander.
2. Heat the oil in a pan. Sauté the onion and mushrooms, add the garlic and carrot and cook until lightly browned. Sprinkle with smoked chilli/paprika. Remove from heat and allow to cool slightly.
3. Place all the ingredients in a blender and pulse until mixture comes together. Do not overblend.
4. Shape the mixture into burgers and place in the fridge to chill for at least 30 minutes. This mixture makes six regular burgers.
5. Place on a lined baking tray, brush with oil and bake in the oven for 15 to 20 minutes until golden.
6. Serve in a bun with salad and toppings of your choice.

