

BeanBurgers

Vichna Belsky

Ingredients

- 1 small onion
- 4 TB olive oil
- 1 can mushrooms
- 1 can black eyed peas or dark beans
- 1 egg
- 1/4 cup bread crumbs
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper



Method

1. Blend mushrooms, onion and oil until it forms a thick paste. Transfer to a large bowl.
2. Add black beans. Mash well. Add remaining ingredients. If needed, add more bread crumbs to thicken.
3. In a lightly oiled preheated pan, fry on both sides until lightly browned.

