

## Choose Your Own Adventure Burger

### Ingredients

- 3 tablespoons ground flaxseed
- 1 15 oz can black beans, drained and rinsed
- ½ cup ground oats or breadcrumbs
- ½ cup onion, diced
- 1 cup carrots, grated
- 1 tablespoon olive oil
- 1 teaspoons salt
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Black pepper, to taste



### Directions

1. Preheat the oven to 400°F. Line a cookie sheet with parchment paper, or lightly grease with olive oil.
2. In a small bowl, mix the flaxseed with ⅓ cup water, let sit for 10 minutes until the mixture has thickened.
3. Put the beans in a large bowl. Use a fork to mash until they are smooth, a few chunks of beans are ok. You can also puree the beans in a food processor to make this step go faster.
4. Add the rest of the ingredients to the bowl, including the flaxseed mixture. Mix well.
5. Using clean and slightly wet hands, shape the mixture into eight patties. Place the patties on your prepared cookie sheet.
6. Bake for 20 minutes. Flip the patties over and cook for about 20 more minutes, until the patties are beginning to brown on both sides. If you are going to grill your patties, skip the second baking and finish cooking them on a hot grill instead.
7. Remove from the oven and serve on a bun with your favorite burger toppings or serve over a salad.

### Mix it Up

Make these burgers your own by switching out the carrots for another vegetable and trying out different seasonings. You can even use a different bean for the burger base. You may need to add a bit more ground oats depending on the type of beans you use, just add in more a bit at a time till the mixture is a good consistency for making patties. For an extra special burger try a combination of vegetables in them, just stick with 1 cup of veggies in total.

### Our Favorite Flavor Combinations:

- Black bean, diced bell pepper, paprika, and cumin
- Black bean, grated sweet potato, cumin, and chili powder
- Cannellini beans, grated carrots, thinly sliced kale, chili flakes, and dried oregano
- Cannellini beans, diced peppers, and chili flakes