



Bun-less version served with grilled eggplant and spinach.  
Topped with Fresh Tomato Salsa (p. 32).

# LEAN & MEAN BLACK BEAN BURGERS

Mmmm, soooo delicious and great as lunch left-overs too! No meat? No problem, this recipe contains a vegetarian option as well.

## INGREDIENTS

1 lb.	lean ground grass-fed/finished <b>beef</b> or <b>bison</b> (optional)
1	398 ml can <i>Eden Organic</i> <b>black beans</b> rinsed and drained
1/2 cup	raw <b>zucchini</b> grated
1/2 cup	raw <b>cauliflower</b> grated
1	<b>egg</b> (omit yolk in phase 1)
1/2 cup	<b>whole rolled oats</b>
1 tbsp	fresh <b>rosemary</b> chopped
1 tsp	<b>red chili flakes</b>
1 tbsp	fresh <b>ground pepper</b>
1 tsp	<b>cumin</b>
1/4 tsp	<b>sea salt</b>
1/4 cup	raw and unsalted <b>pumpkin seeds</b> (optional)

### BUN OPTIONS

1 slice	<b>eggplant</b> for open-faced burger
1	<b>portobello mushroom cap</b> for open-faced burger
1	<b>gluten-free bun</b> (phases 3-4) <i>or</i> <b>sprouted grain bun</b> (phase 4)

## METHOD

1. **VEGETARIAN OPTION:** puree black beans in food processor or mash well with fork. Then proceed to step 2 omitting the ground meat.  
  
**MEAT OPTION:** Leave black beans whole.
2. In a large bowl combine meat (optional), zucchini, cauliflower, black beans, egg and oats. Mix with hands. If needing more moisture/stickiness add another egg. If too wet, add a few more oats a bit at a time.
3. Mix in seasonings, and if using, the pumpkin seeds. Form into baseball size balls, and press into 1" - 1 1/2" thick patties.
4. These may fall apart on grill, so fry in pan, or if barbecuing place on a greased sheet of tinfoil.

If using eggplant or portobello mushroom cap for open-faced bun, brush both sides with oil and grill along side the burger until desired tenderness is achieved.

### SUGGESTED TOPPINGS

Creamy Hummus (p. 35), Fresh Tomato Salsa (p. 32), Avocado-Peach Salsa (p. 32) or Silky Guacamole (p. 33) grated beet and zucchini, red onion, avocado, crumbled goat feta.

**SERVES 4-6 • PREP 15 min • COOK 8-10 min**



### SERVING OPTIONS

1. Open faced sandwich on **sprouted grain bun**.
2. On a bed of **spinach** or grated **zucchini**.
3. On top of grilled **eggplant** or **portobello mushroom cap**.

“My kids loved these burgers! While they were cooking on the barbecue they said they smelled so good.”

— Crystal Reynolds