



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

BUN OPTIONS

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