

Bean Burgers

Category: Sandwich

Servings: 4

Rating: 10

Source: Based on a Guy Fiere recipe

Description:

These are great with an inexpensive Rioja, Creamy Cole Slaw, and baked beans.

Ingredients:

red onion	1/2 a small, minced
red bell pepper	1/2 a small, minced
jalapeño chile	one medium, seeded and minced
garlic	3 cloves, minced
olive oil	1 tablespoon
black beans	3/4 cup, drained
white beans	3/4 cup, drained
garbanzo beans	3/4 cup, drained
rolled oats	1/2 cup
kalamata olives	8, seeded and chopped
paprika	1/2 teaspoon
chili powder	1/2 teaspoon
oregano	one tablespoon fresh, minced
parsley	2-3 tablespoons, minced
celery seed	1/2 teaspoon
ground cumin	1/2 teaspoon
chili flakes	1/2 teaspoon
croutons	2 tablespoons, ground in a blender
salt	to taste
pepper	to taste
sage	4-6 leaves, minced
egg	one
mayonnaise	1/3 cup, plus toppings to taste
cheddar cheese	3/4 cup, grated
hamburger bun, whole	4-6
mustard	to taste
ketchup	to taste

lbutter	to taste
llettuce	enough for the burgers
sweet onion	1/2 medium, sliced thinly
itomato	3-4 medium, sliced
lcanola oil	1 tablespoon

Instructions:

Sauté the onions, peppers, and garlic in olive oil over medium heat until they are softened but not browned. Cool and mix with the other burger ingredients. Season with salt and pepper.

Form the mixture into patties and sauté them in canola oil over medium heat. About 3-4 minutes per side.

Toast the buns. Butter one side and spread mayonnaise or salad dressing on the other. Spread mustard and ketchup on the burger patty and top with tomato, pickle, sweet onion, and lettuce. Season with salt and pepper and serve with cole slaw and baked beans.