



— CHARLOTTE VEG FEST 2023 —

Black Bean Sliders

Makes 8 Sliders - Prep Time: 30 minutes - Cook Time: 10 minutes

Ingredients:

- 1 flaxseed egg (1 tbs ground flaxseed + 2.5 tbs water or olive oil)
- 1 - 15 oz can of black beans, rinsed and drained
- ½ cup of cooked brown rice or quinoa
- ½ cup of old fashioned oats
- 2 cloves of garlic, minced
- 1 tbs vegan Worcestershire sauce
- 1 tbs balsamic vinegar
- ¼ tsp liquid smoke
- 1 tsp smoked paprika
- 1 tsp black pepper
- 1 tsp onion powder
- 1 tsp Italian seasoning
- 1 tb chili powder
- 1 tsp cumin
- ¼ tsp cayenne (optional)
- salt and pepper to taste (optional)
- 1 tbs olive oil to coat bottom of skillet
- 8 slider buns
- favorite burger toppings



Instructions:

1. Make flax egg and set aside.
2. Rinse and drain beans. Bake on a cookie sheet with garlic for 10 minutes at 350 degrees.
3. Stir and bake for another 10 minutes.
4. Carefully add beans and garlic to a large bowl. Press with a fork until coarsely mashed, leaving some texture.
5. Add remaining ingredients to the bowl with the mashed beans.
6. Taste and adjust seasoning.
7. Divide mixture into 8 even portions and shape into small patties.
8. Set small patties on a plate or baking sheet in the refrigerator for 20 minutes.
9. Turn on a skillet to medium high heat and add olive oil to skillet.
10. Add burgers to skillet. Cook for 3-4 minutes each side or until golden brown crust forms.
11. Serve hot on slider buns with favorite burger toppings.