

BLACK BEAN BURGERS makes 4 small or 2 big burgers

1- 16 oz. cans of black beans, rinsed and drained (I like EDEN brand as they are the only cans with BPA free lining)

1/2 cup uncooked quick oats

1/4 cup Salsa – your favorite spice level and flavor.

1- tsp garlic salt

2 – tbs olive oil (skip if you are trying to loose weight, reverse heart disease)

1- tsp chili powder

1/4 tsp cayenne pepper (if you like it spicy)

Small amounts of any of these: Jalapeno peppers chopped, tobacco sauce, dehydrated onions, green peppers chopped, red peppers chopped, garlic chopped, olives, chopped

Black Pepper to taste (1/4 tsp)

With your hands or a potato masher, mash and squeeze beans in a large mixing bowl until they resemble mush, but are still coarse. Combine the rest of the ingredients with the beans and mix thoroughly. If your mixture is too wet, add a little more flour or cornmeal. If too dry, add more salsa.

Shape into patties. If your mixture is too wet, you can add a little more flour and/or cornmeal to keep it together.

Fry patties in a little vegetable oil or olive oil on medium heat, flipping once. Drain on a paper towel.

These are great with whole grain wheat bread and Vegenaïse. (vegan mayonnaise from Whole Foods), a thick slice of tomato and or onion.

NOTES: With advance planning you can cook you own black beans. Rinse and soak overnight, then cook beans in salted water for 1-2 hrs till tender.

RE Buns: Read labels on all bread products and avoid brands that have added MILK POWDER, WHEY or High Fructose corn Syrup. Wheat are better than white from a nutritional point.