

## **Black Bean Burger**

### **Ingredients:**

1 teaspoon flaxseed meal  
2 teaspoons water  
1 can organic black beans, rinsed and drained  
½ cup cooked long grain brown rice  
¼ cup rolled oats  
¼ cup chopped onion  
1 clove chopped garlic  
¼ cup cilantro  
¼ cup fresh flat leaf parsley  
¼ teaspoon sea salt  
½ teaspoon cumin  
½ teaspoon chipotle pepper  
2 tablespoons olive oil

Mix water and flaxseed meal in small bowl and let sit until thickened.

Mix all ingredients well and form into patties about the size and thickness of your palm.

Heat a large skillet to medium heat and add 2 tablespoons olive oil.

Add patties and cook 3 to 4 per side.

*You can serve this as a traditional burger on a whole wheat bun with lettuce, tomatoes, avocados and condiments of your choice. Offer a side salad or cup of fruit and you'll please your entire family. These patties are also good on top of an entrée salad or used in a wrap.*