



Black Bean Emmer Burgers

Ingredients

1 can black beans (16 ounces, reduced sodium), rinsed and drained completely
¼ cup uncooked emmer
2/3 cup low-sodium vegetable or chicken broth
¼ cup chopped bell pepper (variety of colors)
½ cup whole-wheat bread crumbs
2 tablespoons chopped onion
1 large garlic clove, minced
1 ½ teaspoon ground cumin
1 teaspoon hot pepper flakes (or to taste)
1 ½ teaspoon ground turmeric
¼ cup egg whites or egg substitute
Nonstick cooking spray or olive oil

Preparation

1. In a small sauce pan, combine uncooked emmer, cumin, turmeric and broth. Bring to boil and reduce heat to low, then cover pan and cook for 30 minutes. Let sit for 5 minutes, until all broth is absorbed and emmer is cooked. Pre-soaking Emmer/spice mixture reduces cooking time.
2. In a food processor thoroughly mix cooled emmer, bread crumbs, bell pepper, onion, garlic, hot pepper flakes and egg into black bean mixture.
3. Form 5 patties.
4. Coat a large nonstick skillet with spray. Cook patties until heated through, about 3 to 4 minutes.
5. Serve as is or in a bun with avocado, salsa and condiments of choice

Yield:

Makes 5 burgers

