



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## **Black Bean Burgers**

2 – 15 oz. cans black beans, rinsed  
2 large eggs  
2 T. flour  
4 scallions, minced  
3 T. minced cilantro  
2 garlic cloves, minced  
1 t. ground cumin  
1 t. hot sauce (optional)  
½ t. ground coriander  
¼ t. salt  
¼ t. pepper  
1 oz. tortilla chips, crushed coarse (1/2 cup)  
Neutral cooking oil (avocado/sunflower), as needed  
6 burger buns for serving

Line a rimmed baking sheet with about 3 layers of paper towels and spread drained beans on top. Let stand for at least 15 minutes.

Whisk eggs and flour together in a large bowl until uniform paste forms. Stir in scallions, cilantro, garlic, cumin, hot sauce, coriander, salt and pepper until well combined.

Process tortilla chips in food processor until finely ground, about 30 seconds. Add black beans and pulse until beans are roughly broken down, about 5 pulses. Transfer black bean mixture to bowl with egg mixture and stir to combine. Cover and refrigerate for at least 1 hour, or up to 24 hours.

If making burgers right away: adjust oven rack to middle position and heat oven to 200 degrees. If desired, place a wire rack set inside a rimmed baking sheet and put into the oven (to keep the cooked burgers warm.) Divide bean mixture into 6 equal portions. Firmly pack each portion into a tight ball, then flatten to 3-1/2” patty.

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Heat a little oil in a large, nonstick skillet. Carefully place 2-3 patties in the pan and cook until bottoms are crisp and browned, about 5 minutes. Flip, add a little more oil and cook second side until well browned and crisp, another 3-5 minutes.

Transfer burgers to the wire rack in oven to keep warm. Repeat with remaining patties. Transfer burgers to buns and serve.

Makes 6 burgers.

Recipe from *America's Test Kitchen*.

Note: Raw patties can be wrapped in plastic, placed in a freezer bag and frozen for 2 weeks. Thaw before cooking.

**Buy local! Get produce for this recipe from small Solano County farms.  
Visit <http://sustainablesolano.org/local-food/> for resources and information.**