



Cubano Black Bean Burgers
Smoked beans burst with flavor

- 1 Tablespoon olive oil
- 1 cup chopped onion
- 1 cup chopped mushrooms
- 1 jalapeno pepper, fine chopped
- 1-1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon ground black pepper
- 1/4 tsp ground turmeric
- 1 Tablespoon nutritional yeast
- 1 cup old fashioned oats
- 1/2 cup chopped walnuts
- 1 (15 ounce) can black beans, drained, rinsed
- 2 Tablespoons tahini
- 1 Tablespoon ground flaxseeds
- 1 Tablespoon white miso
- 1 Tablespoon chopped cilantro

Olive oil spray as needed
6 whole wheat slider buns, split, toasted
Spicy Merquen maple syrup or peppered maple syrup as desired

Place oil in 10-inch frying pan, sauté onions on medium to medium high heat for 5 minutes; add mushrooms and jalapeno pepper, cook 5 to 10 minutes until caramelized. Set aside to cool.

Combine seasonings: In a small bowl, combine cumin, oregano, onion powder, garlic powder, paprika, black pepper, turmeric, and nutritional yeast.

In food processor, pulse combined seasoning, oats and walnuts to fine grind.

Drain and set aside liquid from beans; rinse beans, Place beans in food processor; add reserved onions, mushrooms, jalapeno pepper, tahini, flaxseeds and miso; pulse to combine. Add cilantro; pulse to combine.

Mixture should hold together. If too wet, add more oats. If too dry, add a little water, one tablespoon at a time. Divide mixture into six equal parts. Shape each into patty; place on plate. Chill in refrigerator 30 minutes.

Preheat oven to 375-degree F. Line baking sheet with foil. Place burgers into lightly greased baking pan, lightly spray with olive oil. Bake for 15 minutes; flip burgers over; return to oven; bake about 5 to 10 minutes until hot and lightly browned. Let cool 5 minutes; lightly brush tops of burgers with spicy Merquen maple syrup if desired.

For Slider Burgers:

Whole wheat slider burger buns
Prepared mustard mayonnaise
Lettuce leaves or greens
Sliced tomatoes
Sliced red onion
Sliced pickles

Spread split toasted whole wheat burger bun lightly with prepared mustard mayonnaise. Place burger over lettuce leaf or desired greens; top with sliced tomato, red onion slices and sliced pickles.

Serves: 6 slider size burgers

Recipe Inspired by: Michel Greger, M.D., *The How Not to Die Cookbook*

Cook's Note: We served these as burgers or burger steaks, topped with prepared mustard mayonnaise, lettuce, sliced tomatoes, pickles, and fresh herbs

About the Recipe: If you love a little spice, black beans, and a healthy burger, then these are for you. They are bursting with flavor, delightfully browned, and blend with all your favorite fixins. The added chopped pepper gives it a real “kick.” If you want to add a light peppered glaze to the burgers, lightly brush with pepper infused maple syrup. Delicious!