

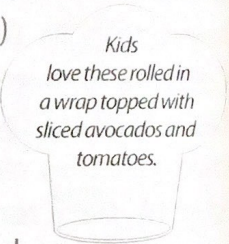
SPICY BLACK BEAN BURGERS

Serves Eight - Ten

Vegan 

This recipe makes a large amount, perfect for a super bowl party but easily halves for smaller groups. Serve these full flavoured burgers with Spicy Red Pepper Sauce (pg. 154) and a side of crisp romaine leaves tossed with Caesar Salad dressing (pg. 147) and toasted pumpkin seeds.

6 cups	cooked black beans (3, 19-oz cans)
¼ cup	fresh Italian parsley, chopped
½ cup	fresh cilantro, chopped
2-3 cups	short grain brown rice, cooked
2 cups	cooked corn
3	carrots, minced sliced avocados and
1	large red onion, minced
1-2	jalapenos, minced
½ cup	oats
3 tsp	ground cumin
1½ tsp	ground coriander
1½ tbsp	chipotle purée
1 tsp	garlic powder
1 tsp	sea salt
zest	of ½ a lime



Kids
love these rolled in
a wrap topped with
sliced avocados and
tomatoes.

Pre-heat oven to 350° F and lightly oil a baking sheet. Using a food processor blend four cups of the black beans together with the parsley and cilantro until smooth. Transfer to a large bowl and add remaining ingredients combining thoroughly. Let sit for an hour to develop the flavours. Shape into burgers and bake for 30 minutes, turning once until cooked through.