

# Black Bean Burgers

**Yield: 8 servings**

## Ingredients

2 cups old-fashioned rolled oats  
 1 cup walnuts; chopped  
 ½ teaspoon turmeric; ground  
 1 cup red onion; chopped  
 ¾ cup mushrooms; chopped  
 2-15 oz. cans black beans; low sodium, rinsed and drained  
 ¼ cup Tahini  
 2 tablespoons flaxseeds; ground  
 2 tablespoons nutritional yeast  
 2 tablespoons parsley; fresh, chopped  
 1 ½ tablespoons white miso paste  
 2 teaspoons onion powder  
 1 teaspoon garlic powder  
 1 teaspoon smoked paprika

## Instructions

1. Preheat oven to 375 degrees and gather all ingredients and equipment needed.
2. In a food processor, pulse together oats, walnuts, and turmeric until well incorporated. Add the onion, mushrooms, black beans, tahini, and flaxseeds. Pulse until well combined. Add the remaining ingredients and pulse together.
3. Test the mixture by pressing it between your fingers, you want the mixture to hold together without being too wet or dry. If the mixture is too wet, add more oats, if it is too dry, add 1 tablespoon of water at a time.
4. Divide the mixture into eight equal portions, shape into ½-inch thick patties. Refrigerate for 30 minutes.
5. Line a baking sheet with parchment paper and arrange burgers on the sheet. Bake for 20 to 25 minutes turning once. Serve immediately.

## Nutrition Information

**Serving Size: 1 burger**

Calories: 358  
 Total Fat: 16.3 g  
 Saturated Fat: 1 g  
 Monounsaturated Fat: 2.4 g  
 Sodium: 80.7 mg  
 Total Carbohydrate: 38.3 g  
 Dietary Fiber: 11.4 g  
 Sugars: 26.9 g  
 Protein: 16.1 g

Source: Greger, M., Stone, G., & Robertson, R. (2017). The how not to die cookbook: 100 recipes to help prevent and reverse disease. New York: Flatiron Books.



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