

## **Bean Burgers**

### **Ingredients:**

**1 15 oz. can black beans or 2 cups black beans cooked**

**1 cup couscous**

**½ cup onion, diced**

**¼ cup corn, fresh or frozen (defrosted)**

**½ cup cilantro, finely sliced**

**1 tsp. cumin**

**1- 2 Tbsps. shoyu (Japanese soy sauce)**

**1 ½ cup water**

**Cornmeal**

**Sea salt**

### **Couscous Preparation:**

**Bring 1 ½ cups of water to just under a boil and add the couscous to the water along with a pinch of sea salt. Stir, cover and let sit off the heat for 5-7 minutes. Take a fork and fluff the couscous out into the bean mixture.**

### **Burger Preparation:**

**Partially mash the beans with a potato masher. Add the couscous, onion, corn, cumin, cilantro and shoyu. Stir until well blended.**

**Wet your hands to form 4 equal portions, shaping each into a ½ inch thick patty. Roll in cornmeal and then refrigerate for 15-20 minutes. Add safflower oil to the frying pan and cook the patties 4 minutes on each side or until crisp and lightly browned. Add a drop of soy sauce after each time you flip the patty.**

**Heat safflower oil and fry approximately 4 minutes on each side. Only turn once. Eat with a bun and all the fixings or solo on a plate. Enjoy!**