



Grilled Bean Burger on Sesame Seed Bun with Dijon Mayo Spread

Yields 6 Patties



INGREDIENTS

Patties:

- 2 Cups Beans
- 1 Cup Chickpeas
- ½ Diced Onion
- Half Head of Garlic (4 Cloves)
- 1 Tablespoon Balsamic Vinegar
- 1 Tablespoon Cumin
- 1 Tablespoon Smoked Paprika
- ½ Teaspoon Salt
- Black Pepper To Taste
- 1 Whole Egg
- ¾ Cup Bread Crumbs - fine
- 1 Tablespoon Ketchup
- Hamburger Buns

Garnishes:

- Lettuce
- Tomato
- Onion
- Dijon Mayonnaise

INSTRUCTIONS

1. Add beans, onion, garlic and seasonings into a bowl minus the breadcrumbs. Mash all ingredients together.
2. Add egg and breadcrumbs and fold together until mixture comes together.
3. Form 6 Patties thin about ¼ inch in thickness. Brush with oil and set in the refrigerator.
4. Heat up your Grill/BBQ.
5. Grill for 3 minutes on either side and cook until internal temperature reaches 165° F.
6. Assemble with your choice of toppings and serve HOT!

Bon Appetit!

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