



Black Bean Burger With Lime Cilantro Spread

Prep Time: 30 mins | Cook Time: 10-16 mins | Total time: 40-46 mins

*Additional Prep Time needed for Lime Cilantro Dip Mix. See package for details.

Ingredients-

- (1) 15.5 oz can of Black Beans, drained & rinsed
- (1) tsp of Garlic Powder
- (1) 1/2 of a Yellow Onion, diced
- (1) 1/2 tsp of Salt & Pepper
- (1) 1/2 cup of Flour, sifted
- (1) 1-1/2 cup of Bread Crumbs, crushed Saltine Crackers, or Stale Bread
- (1) tbsp of Delightful Dips + More Lime Cilantro Dip Mix
- (1) tsp of Olive Oil, divided
- (4) Hamburger Buns, toasted & toppings/vegetables of your choice

Preparation-

Prepare Lime Cilantro Dip Mix as directed on package for Vegan dip. Chill & set aside.

Directions-

- In a medium pan, add one half of the Olive Oil. Add the diced Onion & saute' on medium-low heat until soft & lightly browned. Set aside.
- In a large bowl, combine beans, garlic powder, salt & pepper. Thoroughly mash the beans to form a paste-like texture.
- Add the sauteed onions to the mixture & combine.
- Carefully add flour & breadcrumbs/crackers/bread. (If using crackers or stale bread, be sure to finely crush them before adding to the mixture.)
- If the mixture isn't holding together, slowly add more flour & breadcrumbs until you've reached the desired consistency.
- Divide mixture into fourths. Form each section into patties approx. 3/4 inch in thickness.
- Add remaining Olive Oil to a medium pan. Fry each burger until golden brown, or about 5-8 mins on each side.
- On a toasted bun, spread the Lime Cilantro Dip Mix. Add a black bean burger patty & toppings/vegetables as desired.

Courtesy of Delightful Dips + More, Terrie Cook