



Herbed Black Bean Burgers

Yield: 4 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per serving)
Canned black beans, drained	2 ¾ cups	Calories 560 Fat 29g Cholesterol 50mg Sodium 960mg Carbohydrate 67g Fiber 15g Sugars 9g Protein 17g
SupHerb Farms Fusions® Guacamole Starter Paste, divided	1/4 cup	
Dry bread crumbs	1/2 cup	
Chopped onion	1/2 cup	
Minced garlic	2 cloves	
Egg	1	
Olive oil	2 tbsp	
Mayonnaise	1/4 cup	
Whole wheat hamburger buns, toasted	4	
Iceberg lettuce leaves	4	Vegetarian
Ripe avocado, peeled, pitted and sliced	1	Free of Nuts
Tomato slices	8	

PREPARATION

1. In processor, combine half of the beans, 3 tbsp of the SupHerb Farms Fusions® Guacamole Starter Paste, bread crumbs, onion, garlic and egg; pulse to combine. Add remaining beans; pulse until coarsely chopped and mixture holds together. Form into 4 patties. Refrigerate for 1 hour. (Make-ahead: refrigerate for 4 hours).
2. Heat oil in skillet set over medium heat; fry patties 3 to 5 minutes per side or until cooked through.
3. Mix mayonnaise with remaining guacamole paste.
4. Spread mixture evenly over bottoms of burger buns. Top with lettuce, burgers, avocado and tomatoes.

TO SERVE

Serve with tortilla chips and guacamole or salsa.