

Homemade Vegan Bean Burgers

These simple bean burgers use affordable, minimally processed ingredients and can be adapted based on individual dietary needs and food tolerances.

Ingredients

- 1 can (540 mL) black beans or kidney beans, drained and rinsed
- 1 cup rolled oats
- ½ cup finely grated carrot
- ¼ cup finely chopped onion, optional
- 1 tablespoon ground flaxseed
- 3 tablespoons water
- 1 tablespoon olive or vegetable oil
- ½ teaspoon salt, optional
- Preferred herbs or seasonings, optional



Instructions

1. Combine the ground flaxseed and water in a small bowl. Let it sit for five minutes to thicken.
2. Place the beans in a large bowl and mash them with a fork, leaving a little texture.
3. Add the oats, grated carrot, flaxseed mixture, oil, and any optional ingredients.
4. Mix well. If the mixture feels too wet, add more oats. If it is too dry, add a small amount of water.
5. Form the mixture into four to six patties.
6. Place the patties on a lined baking sheet and bake at 375°F (190°C) for approximately 20 to 25 minutes, flipping halfway through. Alternatively, cook them in a lightly oiled pan over medium heat for four to five minutes per side.

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7. Serve on a bun, in a lettuce wrap, or alongside salad and roasted vegetables.

Helpful tips

Choose ingredients and seasonings that work for you. Onion and strongly scented spices can be left out. For convenience, the patties can be prepared in advance and refrigerated or frozen with parchment paper between each one.