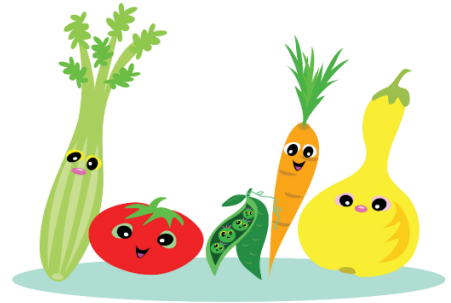


Jim's Real Food Kitchen

A Plant Based Whole Foods Lifestyle



Vegan Jim's Black Bean Burger

First made in Vegan Jim's kitchen 2-01-2021



Vegan Jim's Rating

Ingredients

1 - 15.5 oz. can	Black Beans Drained
80 Grams	Dry Rolled Oats
25 Grams	Ezekiel Sprouted Whole Wheat Bread
125 Grams	Yellow Canned Corn Drained
100 Grams	Sweet Fresh Onion Chopped
1 Tbsp	Chili Powder
1 Tbsp	Cumin Powder
20 Grams	Minced Garlic
1 Tsp	Ground Mustard Seed Powder



Directions

1. Microwave onions with $\frac{1}{2}$ cup water for two minutes.
2. Process all ingredients in food processor until thoroughly mashed and uniformly mixed.
3. Form into 6 approximately 100 grams patties.
4. Place on baking sheet with non-stick aluminum foil.
5. Bake at 375 degrees for 30 minutes.
6. Enjoy.