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Baked Black Bean Burgers

These Baked Black Bean Burgers are awesome! Baked and packed with an amazing depth of flavor, no boring burgers here! They have a hearty, chewy texture and are baked, not fried, so they're oil-free!

PREP TIME: 30 mins

COOK TIME: 45 mins

TOTAL TIME: 1 hr 15 mins

COURSE: Burger, Main Course

CUISINE: Gluten-free, Mexican, Vegan

YIELDS: 6 burgers

INGREDIENTS

- 1 packed cup red bell pepper, finely chopped
- 1 cup mashed potatoes (skin removed)
- two 15 oz cans no-sodium black beans, drained and rinsed
- 3/4 cup mild or medium heat chunky salsa (I use the Sprouts Medium Salsa, it's nice & chunky)
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground oregano
- 1/4 cup medium grind coarse cornmeal (SEE NOTES at bottom!)
- *For serving* Mexican Tahini Sauce is amazing on the burgers

INGREDIENT NOTE

Weigh your measurements whenever possible so the texture/moisture level is accurate and consistent. With these burgers, *it's easy to use too much potato or not enough and this affects the texture*. Make sure to use a runny salsa, not a thick chunky one, as this adds moisture, and pick one with a flavor you love, since the burgers will reflect that flavor. Pick a mild or medium heat, or the burgers could be too spicy for some of your guests.

INSTRUCTIONS

1. Preheat an oven to 400°F. Place the chopped bell peppers on a pan lined with parchment paper. Roast for 10 minutes, they will finish cooking later in the burgers. Lower the heat to 375°F.
2. In a small bowl, combine the salsa, chili powder, cumin, salt and oregano. Stir until well mixed. Set aside.
3. Cook the potatoes either in the microwave (whole with the skins on so they keep their moisture) wrapped in a wet paper towel until soft and tender. Don't boil them because excess moisture will get into the burgers. Peel and mash them completely and measure 1 cup level and pack tightly.
4. Pat dry the drained beans with a paper towel. REMOVE 1 cup of the black beans and add them to a large mixing bowl.
5. Add the remaining beans to a food processor. Add the potatoes to the processor. Add the reserved salsa mixture. Pulse until it all comes together in a sticky, thick mashed/chunky paste.. It should only take a few pulses. Don't over process.
6. Add the beans/potato mixture to the reserved bowl of extra beans. Add the roasted bell pepper as well. Add the cornmeal.
7. Mix all of it together until everything is combined well and the batter is very thick.

8. The mixture should be holding together well and not too wet. You should be able to form patties, but if for some reason your mixture seems too wet (can be depending on salsa used), then place the batter into the fridge for 15 minutes.
9. Form 6 large even patties using a heaping 1/2 cup scoop. I like to form balls and then flatten them on the pan. Flatten each patty to about 1/2 inch thick.
10. Bake for 25 minutes (375°F). Carefully flip them. They will still be tender at this point, so flip gently. At 25 minutes, they should have formed a thin crispy bottom making it fairly easy to flip them. If the bottoms *are not coming up* fairly easily and are still sticking to the paper, cook 3-5 more minutes and then flip. Cook for 10 more minutes on the 2nd side.
11. Cool 5-10 minutes before eating, as they will firm up even more. Assemble burgers with desired toppings. I served them with my awesome Mexican Tahini as the dressing. These are even better the next day as they get even more of a chewy "meaty" texture.

NOTES

CORNMEAL: I use the cornmeal labeled "medium grind" by Bob's Red Mill. This is a coarser texture than regular cornmeal, which is what gives a better texture to these burgers so they aren't mush. I ordered it from Amazon. It will provide the best texture for sure, however, I have also tested this with regular cornmeal. It works, not as perfect of a texture, but they are still good. You will use 5 tablespoons of regular cornmeal.

KEYWORDS: best black bean burgers, best vegan black bean burgers, vegan baked black bean burgers, vegan black bean burgers