



The Best Black Bean Burgers I've Ever Had

★ ★ ★ ★ ★ 4.9 from 523 reviews

Author: [Sally](#) Prep Time: 30 minutes Cook Time: 15 minutes Total Time: 45 minutes

Yield: 6-7 burgers

*Between homemade, restaurant, and store-bought, these are the best black bean burgers I've ever tried. **These burgers are not vegan or vegetarian.** (See recipe note to make adjustments if necessary.) With great reviews from taste testers around the world, I'm confident you'll be satisfied with this black bean burger recipe!*

Ingredients

- 2 (14 ounce) cans **black beans**, drained, rinsed, and patted dry
- 1 Tablespoon extra virgin **olive oil**
- 3/4 cup finely chopped **bell pepper** (1/2 of a pepper)
- 1 cup finely chopped **yellow onion** (1/2 of a large onion)
- 3 **garlic cloves**, minced (about 1 Tablespoon)
- 1 and 1/2 teaspoons **ground cumin**
- 1 teaspoon **chili powder**
- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon **smoked paprika**
- 1/2 cup **bread crumbs** or oat flour
- 1/2 cup **feta cheese** (skip if vegan)
- 2 large **eggs** (see note for vegan substitution)
- 1 Tablespoon **Worcestershire sauce** (see note for vegan & vegetarian version)
- 2 Tablespoons **ketchup, mayo, or BBQ sauce**
- pinch **salt + pepper**

Instructions

- 1 Preheat oven to 325°F (163°C). Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
- 2 Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs,

cheese, eggs, worcestershire, ketchup, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.

- 3 Form into patties– about 1/3 cup of mixture in each.
- 4 **To bake:** Place patties on a parchment paper lined baking sheet and bake at 375°F (191°C) for 10 minutes on each side, 20 minutes total. **To grill:** Place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 350°F (177°C) – 400°F (204°C).
- 5 Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.

Notes

- 1 **Freezing Instructions:** Cooked or uncooked black bean burgers freeze wonderfully for up to 3 months. Stack between parchment paper in a freezer container or zipped-top bag. Thaw in the refrigerator and reheat to your liking or, if uncooked, cook according to instructions. If desired, you can skip thawing and reheat/cook from frozen for an extra couple minutes.
- 2 **Vegan & Vegetarian:** Worcestershire sauce is not vegan or vegetarian. For vegetarian burgers, leave it out or replace with your favorite vegetarian condiment such as BBQ sauce. For vegan burgers, make the following 3 changes– (1) leave out the Worcestershire sauce or replace with your favorite vegan condiment such as BBQ sauce, (2) leave out the cheese, and (3) replace the eggs with 1/3 cup mashed sweet potato.

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