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## Glenda's Black Bean "Burgers"

By Donna Green Goodman, MPH

### Ingredients

- 5 cups black beans
- 3 tablespoons cumin
- 3 tablespoons onion powder
- 1 tablespoon garlic powder
- 1 tablespoon smoked paprika
- 1 medium bell pepper
- 1 medium-large onion
- 4 tablespoons meat-free chicken seasoning
- 2 tablespoons bacon seasoning
- 1 tablespoon Italian seasoning
- 3 tablespoons yeast flakes
- 1/2 cup quick oats
- 2 1/2 cups rolled oats
- 1/2 cup salsa
- 1/2 cup chia seed

### Instructions

1. Blend beans and other ingredients in a blender, adding 1-1 1/2 cups of water-(1/2 cup at a time) until you have a firm mixture.
2. Shape into patties.
3. Brown on each side in a preheated 400-degree oven on a pan that has been covered with 2 tablespoons of oil.