Fat Free Vegan

SIMPLE BLACK BEAN BURGER (Susan Voisin)

The chipotle chile powder gives these burgers smokiness with an edge of spiciness. If you'd rather them not be spicy, substitute mild smoked paprika.

- 1 1/3 cups rolled oats (old fashioned oats) (use certified gluten-free oats to assure that the burgers are gluten-free)
- 16 ounces black beans (1 can, well drained)
- 3/4 cup salsa
- 1 tbsp soy sauce (or tamari or 1/2 tsp salt, for gluten free)
- 1 1/4 tsp mild chili powder
- 1/4-1/2 tsp chipotle chile powder (more or less, to taste)
- 1/2 tsp garlic powder
- 1/2 cup corn kernels (fresh or frozen and thawed) optional

Place the oats in a food processor fitted with an S-blade and pulse 5 or 6 times until they are partially chopped (some will be powder, some will be whole.) Add all ingredients except the corn and pulse until most of the beans are blended.

Pour bean mixture into a bowl and stir in the corn. Cover and refrigerate for about 15 minutes.

Preheat oven to 375F. Line a baking sheet with parchment paper. Form bean mixture into six patties using a scant 1/2 cup for each. Bake for 20-30 minutes, being careful not to overcook and dry them out. They're done when the outside is beginning to get crispy and they hold together well.

Note: These are easy to freeze either baked or unbaked. Just shape the burgers and wrap them tightly to store in the freezer for about 3 months. Thaw unbaked burgers well before cooking.





Fatfree Vegan, the site of Susan Voisin, offers "whole foods plant-based dishes with no added oil." Voisin became vegetarian in 1988 and vegan in 1994. She started the recipe website in 2004 and now has over 1400 low-fat vegan recipes, some her own and many sent by others. She lost over 100 pounds eating this way, and now eats low-fat vegan for health, not weight loss.

FAT FREE vegan KITCHEN