

## Meatless, Whole-Grain Hamburger

- 1 can black beans
- 1 can tri-blend beans

Drain beans. Mash beans in bowl with fork or whisk.

Add in with the beans:

- ½ cup pre-cooked grains (brown rice, quinoa, millet)
- ½ cup minced yellow/orange bell pepper
- 4 T. minced onion
- 2 garlic cloves, minced
- 1 tsp salt
- ½ tsp hot sauce
- 1 tsp chili powder
- 2 T. olive oil
- ¾ cup breadcrumbs

Allow to sit for 10 minutes so it can thicken up.

Cook patties in hot oil for 3-5 minutes per side.

*Tip: Keep the cooked patties on a baking sheet, in oven, around 170 degrees to keep warm as you cook all of them.*

*Tip: Cook grains ahead of time and freeze. Pull out a Ziploc baggie of grains in the morning of the evening you'll be using them.*

