



Makes 8 burgers
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 tablespoon avocado oil
(optional, [learn more](#))

2 15-oz. cans no-salt-added
black beans, rinsed and drained
(3 cups)

¾ cup grated onion

4 cloves garlic, minced

2 teaspoon smoked paprika

¼ teaspoon freshly ground black
pepper

2 tablespoons flaxseed meal

¼ cup no-salt-added tomato
sauce

2 tablespoons reduced-sodium
soy sauce or tamari

1½ cups cooked brown rice

1 cup whole wheat panko

8 whole wheat hamburger buns

Toppers: sliced onion, lettuce,
sliced tomatoes, pickles,
[Homemade Ketchup](#) (or store-
bought) and/or mustard

Grilled Black Bean Veggie Burgers

Become the burger boss at your next plant-based BBQ with these drool-worthy black bean veggie burgers. The nutrient-dense patties are seasoned with smoky paprika and salty soy sauce to create a rich, meaty flavor that's enhanced by the texture of brown rice and panko breadcrumbs. The trick to [grilling](#) these burgers is patience: Be sure to wait the full 5 minutes before trying to flip them on the grill or they may stick and fall apart. Once the patties are ready, serve them on a whole wheat bun with all your favorite toppings. We recommend a generous slather of [Homemade Ketchup](#) and fresh veggies, but feel free to get creative and see what kind of wildly wholesome burger combinations you can create!

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add 15 calories, 1.75 g total fat, and 0.2 g saturated fat per serving.

For more veggie burger recipes, check out these tasty ideas:

- [Five-Ingredient Veggie Burger](#)
- [Sneaky Chickpea Burgers](#)
- [Pineapple Teriyaki Burgers](#)
- Or take a look at our full [collection of veggie burger recipes](#)

By Ellen Boeke

- 1 For oil-free: In a large skillet cook the beans, onion, garlic, paprika, and pepper over medium until onion is tender, stirring occasionally. (*If using oil: Heat a large skillet over medium and lightly coat with avocado oil. Add the next five ingredients, through pepper, and cook until onion is tender, stirring occasionally.*) Coarsely mash bean mixture; cool slightly.
- 2 Meanwhile, in a large bowl stir together flaxseed meal and ⅓ cup water. Let stand 15 minutes.
- 3 Stir tomato sauce and soy sauce into flaxseed mixture. Add bean mixture, brown rice, and panko. Stir to combine. Divide into eight portions. Form into ¾-inch-thick patties.
- 4 Grill, covered, over medium heat 5 minutes. Carefully turn burgers and grill 5 minutes more or until heated through. Brush with water if needed to prevent sticking. Serve burgers on buns with desired toppers.