



Black Bean & Winter Squash Burger



- 6 Tbsp oats (ground into grainy sand via food processor)
- 1 1/4 c black beans (cooked)
- 2 cups winter squash (cooked). Winter squashes aren't all created equal, so try to choose a **dry** variety of winter squash (kabocha, butternut, red kuri) rather than something really soft and wet (like delicata).
- 1/2 cup quinoa (cooked)
- 1/2 cup frozen corn
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1T olive oil

Burger Spices

(Cumin is most important, other than that none are required. Mix and match based on what you've got & what sounds good to you!)

- 1/2 tsp salt
- 1 tsp cumin
- 1 tsp tarragon
- 1/4 tsp coriander
- 1 tsp chili powder

Grind the oats in a food processor until they're grainy & sandy. Just a few pulses.

Put the black beans into a bowl, then mash them with a fork. Goal is to have about 1/2 mashed and the other 1/2 intact. Dump oat flour, squash, quinoa, corn, onion, garlic, and olive oil into the bean bowl. Stir well to combine. Add all the spices. Mix well.

Form the burgers into patties with your hands. Place on a parchment lined baking sheet. You may either pan fry them (3-4 minutes per side on medium heat) or bake them (350 for 15 minutes per side). We tried both ways, and really couldn't tell a difference.