



HEALTHY COOKING

Plant-Based Black Bean Bulgur Wheat Burgers

Ingredients

1/2 Cup bulgar wheat	1/2 tsp. garlic powder
1.25 Cup water	1 TBS. dried oregano
2 Cans (15 oz. each) black beans, rinsed	1.5 to 2 TBS. Cumin
2 Red bell peppers, roasted	1 tsp. liquid smoke (optional)
2 Fresh jalapeno peppers, roasted	Black pepper to taste
1 Ear of corn, roasted or grilled	1/8 Cup distilled vinegar
3 Bulbs garlic, minced	3 TBS. corn starch
1 Small onion, pureed or small diced	4 TBS. corn meal
1/2 Cup fresh cilantro, chopped	1/2 Cup oil for shallow fry or cooking spray for air fryer
1 TBS. onion powder	1 Head of red leaf lettuce for wrap

Directions

1. Bulgur wheat: In a small pan, bring water to boil and then add the bulgar wheat, stirring. Bring back to boil and then reduce to a simmer for 15 minutes. There is no need for the water to be fully absorbed. Drain well. Reserve for later.
2. Rinse all vegetables well. Rinse black beans. Using a food processor or blender, puree 1/2 cup coarsely. Roast all vegetables either in oven at 425 F for 12 to 15 minutes or until charred enough for your preference.
3. Stir to combine all burger ingredients. Note: Using garlic powder combined with the fresh minced garlic will boost the flavor. Add cooked bulgar wheat.
4. Stir in corn starch to make the mixture more of a paste. Note: Once cooked, this will help the burger from falling apart.
5. Place corn meal into a bowl and coat each burger on the outside.
6. Shallow fry until done to your liking. If using Air Fryer, cook for 8 to 10 minutes. With oven, set oven at 375 F and bake for 10 minutes. Turn on broiler and cook the top of the burger, so you won't have to flip the burger.
7. Tips: Add cooked plain quinoa as a substitute for bulgar wheat for even more protein. You could also add grated cheese to the mixture for a more intense flavor. You can substitute frozen corn for fresh.

Nutritional Information

Calories: 165 | Total Fat: 8 g | Saturated Fat: 0g | Trans Fat: 0g | Cholesterol: 2mg
Sodium: 200mg | Dietary Fiber: 24g | Total Sugar: 5g | Protein: 20g

Serving Size

1 burger

Number of Servings: 4

Prep Time: 20 minutes & Cooking Time: 18 minutes