Black Bean Portabella Burgers

Makes 8-10 servings

Burgers

2 teaspoons oil
½ cup finely minced onions
3 garlic cloves, finely minced
¾ teaspoon ground cumin
¾ teaspoons ground oregano
¼ teaspoon freshly ground black pepper
1 each (15oz) can black beans, rinsed and drained
1 cup diced portabella mushrooms
1 tablespoon milled flaxseed mixed with 1 tsp water
½ to 1 teaspoon kosher salt
1 tablespoon chopped cilantro
½ cup frozen corn kernels, thawed
1 cup bread crumbs
1 cup arugula

Heat oil in large sauté pan. Add the onion and sauté for 2 minutes. Add the garlic, cumin, oregano, and pepper and cook for another minute. Add the beans and mushrooms, and cook until mushrooms are tender.

Put bean mixture into food processor with flax seed mixture, salt and cilantro. Whirl until blended.

Place bean mixture in bowl and stir in corn kernels and bread crumbs. Taste mixture and adjust seasoning.

Form into patties that are 2-3 inches in diameter, and about a ½ inch thick. Let patties rest 5 minutes and then cook 3 minutes on each side until browned and heated through on lightly oiled fry pan over medium heat. Serve on bun with red pepper mayonnaise and arugula.

Red Pepper Mayo

½ cup chopped and drained roasted red peppers from jar
¼ cup mayonnaise
2 garlic cloves, minced
1/8 tsp cayenne

In food processor, blend all ingredients together until smooth.

Makes ¾ cup red pepper mayonnaise.

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