

# BLACK BEAN BURGERS

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SKIP A BUN AND USE ICEBERG LETTUCE ROUNDS

*(makes 6-8 burgers)*

Approximately 2 TBS Coconut oil

1 medium onion, chopped

2-3 cloves garlic, diced

1 medium red bell pepper, chopped

2 cups (canned) black beans, drained (1.5 cans)

1.5 tsp sea salt (or to taste)

1 TBS ground cumin

bunch of fresh cilantro, chopped (as much as you like - I like A LOT!)

3 eggs (or egg whites)

3/4 or 1 whole cup almond flour OR flour of your choice

Saute the onion for 8 to 10 minutes in 1 TBS coconut oil, until soft. Add garlic and pepper and saute another 3-5 minutes. In a large bowl, combine the onion mixture with all other ingredients. Form into 2-3 inch patties. Heat remaining coconut oil in a large skillet over medium-high heat. Cook patties for 4-6 minutes each side, until golden.