

# Flex Black Bean Veggie Burgers

## Ingredients

- 1 can (15 oz) black beans, drained and rinsed
- ½ cup cooked quinoa
- ¼ cup ground flaxseed
- 1 small carrot, grated
- ¼ cup finely chopped onion
- 1 garlic clove, minced
- 1 tsp cumin
- ½ tsp smoked paprika
- ¼ tsp chili powder
- Salt and pepper to taste
- 1 tbsp olive oil (optional for pan-frying)

## Instructions

1. In a mixing bowl, mash the black beans with a fork or potato masher until mostly smooth but still slightly chunky.
2. Add in the cooked quinoa, ground flaxseed, grated carrot, onion, garlic, and spices.
3. Mix thoroughly until well combined. Let sit for 10 minutes so the flaxseed can help bind.
4. Form the mixture into 4 equal patties.

5. Heat a non-stick skillet over medium heat.  
Add olive oil if using.
6. Cook the patties for 4–5 minutes per side, or until browned and firm.
7. Serve on whole grain buns or lettuce wraps with your favorite toppings.

## Benefits

- High in plant-based protein and fiber
- Flaxseed adds omega-3s and supports digestion
- Black beans support heart health and energy
- Great for meal prep and freezer-friendly