

Black Bean Burgers

Bean Ingredients:

1/2 cup dry black beans, soaked at least 6 hours
1 1/2 cups Mushroom Stock or Vegetable Stock
2 tsp Old World (Penzey's)
2 tsp cumin
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp smoked paprika
1/2 tsp Chili 9000 (Penzey's)
1/2 tsp Chicken Taco (Penzey's) (Don't worry, it's vegan!)
1/2 tsp salt
1/4 tsp black pepper

Mushroom Ingredients:

8 oz mushrooms, diced
2 TB white wine
1 TB fresh parsley, minced
1/2 tsp salt
1/4 tsp black pepper

Thickener Ingredients:

1 TB chia seeds
1 TB ground flax seeds
1/4 cup reserved bean cooking liquid

1/2 cup oats
1/4 cup raw walnuts
1/4 cup raw pecans
1/2 tsp mushroom salt or 1/4 tsp plain salt

ground leaf

1. Add all bean ingredients to Instant Pot inner pot. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 6 minutes > After 10 seconds display will read ON
2. While beans are cooking, add mushrooms to a skillet over medium-high heat, stirring infrequently to allow mushrooms to brown. Add wine to deglaze the pan. Add salt, pepper, and parsley. Cook until wine evaporates, then remove from heat.
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
4. In a small bowl, add chia seeds and ground flax. Take 1/4 cup of the cooking liquid from the beans and add to bowl. Stir to combine and set aside for 15 minutes to allow chia and flax to absorb the liquid.
5. Press the SAUTÉ button on Instant Pot and allow beans and remaining cooking liquid to gently simmer until all liquid is almost gone.
6. Add oats to a food processor and pulse until oats are broken up very small. Add nuts and pulse several more times. Add beans, mushrooms, and chia/flax mixture. Pulse until well combined. Be careful not to over process as you'll still want some small chunks of beans and mushrooms.
7. Form mixture into patties in the desired size and thickness. You should get about 6 patties from this mixture.
8. Place patties in the freezer for at least 1 hour.
9. When ready place patties on a skillet over medium heat. If available, brush patties with aquafaba to get a nice sear to the patty.