

Dr. Ann's ***Black Bean Burgers***

FEEDING YOUR HUNGER FOR HEALTH

INGREDIENTS

- 2 (14 ounce) cans of black beans, rinsed well and drained
- 2 Tbs. extra virgin olive oil
- ½ green bell pepper, finely chopped
- 1 medium yellow onion, finely chopped
- 4 large cloves garlic, finely chopped or minced
- 2 tsp ground cumin
- ½ tsp smoked paprika
- 1 tsp chili powder
- ¾ cup bread crumbs (I grind up Crunchmaster™ brand brown rice crackers in a mini food processor to keep the recipe gluten free and healthier)
- 2 large omega 3 eggs

- 1 Tbs. Worcestershire sauce
- 3 Tbs. of your preferred bottled BBQ sauce
- 1 can of regular Ro-tel
- Salt and pepper to taste

DIRECTIONS

Spread the rinsed and drained black beans evenly on a large baking sheet. Place them in an oven preheated to 325 F for 15 minutes to dry them out a bit. (This is key as it keeps the burgers from being too mushy.)

Sauté the onions, garlic and bell pepper in the olive oil until soft. Put the softened onion/pepper/garlic mixture in a large mixing bowl with all of the remaining ingredients.

Add the black beans. Stir the mixture until it is well blended. Use the back of a fork or large spoon to mash some, but not all of the beans.

Form the mixture into medium to large sized patties.

Directions continued on next page.

[\(Click here to check out my next program starting Sept. 24th!\)](#)

Zoom to Health

Starting September 24th. Learn all about it below!

Think of Zoom to Health as having special access to my virtual kitchen table where solid science and practical guidance are served in such an inspiring way that healthy living quickly becomes a part of who you are.

BEAN BURGERS CONTINUED...

Put burgers in a heavy skillet coated with pan spray and heated to medium - medium high.

Cook burgers until the pan side is brown (about 10 minutes). Be sure the heat is not too high to avoid burning. Carefully flip the burgers and repeat for the other side.

The burgers should stiffen and hold their form as they cook – cook until they are. Top the burgers with sliced avocado or toppings of your choice.

I like mine drizzled with a little bit of ketchup or BBQ sauce. Feel free to serve the burgers with 100% whole grain hamburger buns if you prefer.

Pro Tip: Use my [Triple Seed Mix](#) and/or whole grain oats to thicken mixture if necessary!

Zoom to Health

Starts Tuesday, September 24th

[Zoom to Health](#) is a unique opportunity to be guided by Dr. Ann in the most fundamental pillars of healthy eating and healthy living.

All students will receive lifetime access to the core curriculum as well as bi-weekly live group Zoom sessions for a full year.

To find out if this program is right for you, watch the informational session by [clicking here](#).

Or to read all the details, head to this [landing page](#).

Let healthy living become a part of WHO YOU ARE!

