



Recipe Details

Recipe Name - Mom's Black Bean Burgers

Recipe Steps -

Ingredients

- 1 1/2 cups rolled oats
- 1 can black beans, drained and rinsed
- 3/4 cup salsa
- 1 Tbsp low sodium tamari or soy sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder
- 1 1/2 cup corn, fresh or frozen

Instructions

1. Preheat oven to 350 degrees.
2. Place oats in a food processor; blend well. Add all other ingredients and blend well.
3. Bake for 20 minutes.
4. Enjoy!



