

Zesty Black Bean Burger



Ingredients

- 1 cup Quaker® Oats-Quick 1-Minute Oats, uncooked
- 2 cups black beans
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/4 cup shredded zucchini
- 1 egg
- 3 tbsp salsa
- 1 garlic clove
- Salt and pepper to taste (optional)

How to make it

1. Sauté vegetables in oil until tender; transfer to a food processor.
2. Add remaining ingredients and pulse until well blended.
3. Shape into 4 patties.
4. Cook patties using stovetop, broiler or grill until browned as desired.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	10 min	15 min	4

Made with



Quaker® Oats-Quick 1-Minute Oats