



Black Bean Sliders

Yield: About 32 patties

Ingredients

4 oz	Shredded Carrots
4 oz	Diced Scallion (white part only)
4 oz	Diced Red Bell Pepper
2 each	Fresh Garlic Cloves, minced
1 bunch	Fresh Cilantro Leaves
2 lbs	Black Beans, canned, drained, rinsed
2 tbl	Cumin
1 tbl	Paprika
1 tbl	Ancho Chili Powder
2 tbl	Granulated Garlic
1/4 tsp	Chipotle Powder
2 cup	Panko Bread Crumbs
1/2 cup	Liquid Eggs
2 tbl	Vegetable Base

1. In a food processor, pulse blend the carrots, scallions, bell pepper, garlic, and cilantro.
2. Drain excess liquid from mixture and place in a large bowl.
3. Add beans and mash with a fork until beans are mashed and vegetables are well incorporated.
4. Add spices, panko, eggs and vegetable base. Mix well.
5. Scoop out 1/4 cup of mixture and flatten into a patty. Repeat to make all patties.
6. Grill the patties on a griddle brushed with vegetable oil.
7. Serve on whole wheat slider buns.