

BLACK BEAN FARRO BURGERS

Recipe Adapted from: [The Whole Serving](#)

Makes: 5-6 Burgers

ingredients

2/3 cup [farro](#), uncooked
1/2 cup chopped onions
3-4 tablespoons vegetable broth, or water
1, 15 ounce can, low-sodium black beans, rinsed and drained
1 tablespoons liquid smoke
2 tablespoons sugar
3 cloves garlic, minced
1 teaspoon smoked paprika
1 1/2 tablespoon steak seasoning of your choice
1 1/4 cup whole wheat panko bread crumbs
2 tablespoons BBQ sauce
5-6 hamburger buns



directions

Cook the farro according to the directions on the package. After it is cooked, set aside in a large bowl.

While the farro is cooking, heat a large skillet over medium high heat. When heated, add the chopped onions. Saute the onions until soft and translucent. If the onions begin to stick, add vegetable broth or water, 1 tablespoon at a time. Add the onions to the cooked farro.

Next, add the rinsed and drained black beans to the farro and onion. Using your hands mash together the mixture. Some whole beans will remain and the mixture should start sticking together.



Add the liquid smoke, sugar, garlic, smoked paprika, steak seasoning, bread crumbs, and BBQ sauce. Mix well and let the mixture sit about 5 minutes, allowing the bread crumbs absorb some of the moisture.

Patty into 5-6 burgers, depending on the size of your burger.

To keep the burgers oil free, heat a griddle or non-stick skillet. Add and cook until heated through, about 4 minutes on each side.

If using the grill or other pan, lightly oil the burgers to help prevent sticking. Cook until heated through.

We love to enjoy the burgers on a toasted, sprouted bun with caramelized onions, extra BBQ sauce, and avocado. Enjoy!

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