



Tempeh and Black Bean Veggie Burgers

Prep Time 15 mins
Total Time 25 mins
Meal Type Lunch, Dinner
Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 1 Tbs milled flaxseed
- 3 Tbs almond milk, unsweetened
- 2 medium scallions, *sliced*
- 8 oz tempeh
- 1 cups black beans, canned, *drained, rinsed*
- 1 tsp smoked paprika
- 1 tsp parsley, dried
- 1 tsp oregano, dried
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 Tbs olive oil
- 1 head romaine lettuce, *leaves separated*
- 1 medium tomato, *sliced*
- salt, *to taste*
- pepper, *to taste*
- olive oil spray

Directions

Prep

1. Combine ground flax seeds and almond milk in a small bowl, set aside.
2. Chop scallions.
3. Crumble tempeh.
4. Drain and rinse black beans.
5. Preheat oven to 400° F and line baking sheet with parchment paper.

Make

1. In a large bowl, combine crumbled tempeh with smoked paprika, dried parsley, dried oregano, onion powder, and garlic powder.
2. Add black beans, scallions, flax mixture, and olive oil into the tempeh. Mash all together until ingredients are combined.
3. Divide mixture into 4-5 servings, shaping them into patties about 1.5" thick. Place on the parchment-lined baking sheet.
4. Bake in the oven for 15 minutes, flip, spray with more olive oil, and bake for an additional 15 minutes until patties are firm and edges are browned.
5. Serve on romaine lettuce leaves and top with a slice of tomato and other toppings of preference.

Notes

Optional toppings: add sprouts, sautéed onion, avocado, homemade BBQ sauce, etc.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories	270	Total Fat 13.0g	19%	Total Carbohydrates 25g	8%
		Saturated Fat 2.2g	11%	Dietary Fiber 10g	38%
		Trans Fat 0.0g		Total Sugars 5g	
per serving		Cholesterol 0mg	0%	Protein 19g	
		Sodium 425mg	18%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 2mcg 19% · Calcium 528mg 52% · Iron 7mg 40% · Potassium 1040mg 22%

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