AMERICAN · LUNCH · DINNER

Black Bean and Carrot Burger Patties

60 min · Serves 4 · 430 kcal a serve · Video 7:34 · Food Impromptu

Vegan · Gluten-free ingredients · No nuts listed

Black beans, carrot and chickpea flour give each two-patty serve about 13 g of fibre and 14 g of protein, plus plenty of folate and vitamin A. No egg, breadcrumbs or added sugar.

Diet notes: Low saturated fat (2.3 g, 5% of the energy).

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Ingredients 16 · SERVES 4

- [ ] 470 ml (one 540 ml can, low-sodium) cooked **black beans**, rinsed and well drained
- [ ] 3 tbsp **olive oil**
- [ ] 275 g chopped **onion**
- [ ] 2 tbsp finely chopped **garlic**
- [ ] 240 g finely grated **carrot**
- [ ] 2 tsp **paprika**
- [ ] 1 tsp **ground cumin**
- [ ] ½ tsp **ground black pepper**
- [ ] ¼ tsp **cayenne pepper** (optional)
- [ ] 1¼ tsp **pink Himalayan salt** in total (¼ tsp with the onion)
- [ ] 1 tbsp white (wine) vinegar
- [ ] 1 tbsp **balsamic vinegar**
- [ ] 60 ml **passata or tomato purée**
- [ ] 80 g **chickpea flour** (gram flour)
- [ ] ¼ tsp **baking soda**
- [ ] 2–3 tbsp **oil**, for pan-frying the patties

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Fry the onion with ¼ tsp salt in 3 tbsp olive oil over medium heat until caramelised, then add the garlic for about a minute. 0:43
2. Add the black beans, paprika, cumin, black pepper, cayenne and the rest of the salt. Keep frying until the beans are almost completely dry. 1:38
3. Stir in the grated carrot and cook on medium to medium-high until the carrot is soft and the mixture is dry. Turn off the heat, mash most of the beans and let it cool uncovered. 2:08
4. Mix in the white vinegar, balsamic vinegar and passata, then the chickpea flour and baking soda. Knead by hand until evenly combined. 2:55
5. With an oiled 80 ml measure and oiled palms, shape 8–9 patties about 1 cm thick. 4:24
6. Heat 2–3 tbsp oil in a pan and cook 3–4 patties at a time on medium-low for about 3 minutes a side, then 30 seconds on medium-high for a crust. Drain on paper towel. 5:05

> **Tip** Serves 4 at 2 patties each (our estimate; makes 8–9). Raw patties keep 4–5 days in the fridge, layered with baking paper. The cook serves them with sriracha mixed into vegan mayo, or in a bun.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
430 kcal 1,800 kJ	14 g 29% of a day	49 g 35 g net · 9.7 g sugars 18% of a day
FIBRE	**FAT**	**SODIUM**
13 g 48% of a day	21 g 2.3 g saturated 27% of a day	990 mg 43% of a day

Energy from net carbs 36% · protein 15% · fat 49%

High in (20%+ of a day) Folate 61% · Omega-3 60% · Vitamin A 59% · Vitamin E 32% · Magnesium 28% · Vitamin B6 25% · Iron 22% · Vitamin K 22%

Source of (10–19%) Potassium 19% · Zinc 18% · Vitamin C 13%

Recipe and video: Food Impromptu (@FoodImpromptu) on YouTube — youtube.com/watch?v=btLj-7oZH3A, published 14 October 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/black-bean-carrot-burger-patties