



# Greek Black Bean and Sorghum Burgers

**Runner Up:** RDN-Recipe Contest

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Total Servings: 4



Prep Time: **30 minutes**

Cook Time: **10 minutes**

## Ingredients

1 (15 oz) can black beans, drained and rinsed

½ cup Sorghum, cooked and cooled

1 cup walnut halves, toasted and chopped

½ cup panko bread crumbs

1 egg, beaten

2 tsp Worcestershire sauce

1 tsp dried oregano

½ tsp dried dill

½ tsp dried basil

½ tsp garlic powder

½ tsp kosher salt

½ tsp black pepper

For Serving: 100% Whole Grain Burger Buns, Lettuce, Tomato, Onion, and Tzatziki Sauce (homemade or store-bought!)

## Instructions

- 1.** Toast walnuts in a medium-sized frying pan for 3-5 minutes or until fragrant. Add to the bowl of a food processor, and pulse until coarse. Add black beans, sorghum, panko, egg, and remaining seasoning. Pulse to combine.
- 2.** Form into 4-5 evenly sized patties, and place onto a plate lined with parchment paper. Aim to make them about the same size as your bun.
- 3.** Preheat a large frying pan over medium heat for 2 minutes. Add a small amount of oil to coat the bottom of the pan.
- 4.** Fry patties until golden brown on each side, about 4 minutes per side.
- 5.** To assemble the burger spoon 1 Tbsp Tzatziki sauce onto the bun, add burger patty, and top with more sauce if desired. Top with onion, lettuce, tomato, or whatever other toppings you enjoy!