

Breadfruit Vegetarian Burger



Ingredients

3 Tbs breadfruit flour
2 can black beans
1 small onion
2 cloves garlic
3 oz bag sun dried tomatoes
1 small jalapeño seeded
1 tsp Thyme
Salt and Pepper
1 tsp cumin
3 oz crumbled feta
2 tbsp melted butter



Directions

Mix everything except the beans, butter, feta and herbs in food processor to dice.

Heat in 2 tablespoons butter.
Add beans and mash with back of spatula.

Put in bowl. Add herbs and flour.
Mix well.

Add feta and shape into burgers.

350 degrees for 45 minutes.
or pan fry for about 10 minutes per side

Makes 6 patties or 12 appetizer patties.

Credit goes to Caroline Banks