

Breadfruit Vegetarian Burger

Caroline Banks



Ingredients

3 Tbsp breadfruit flour
2 cans 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 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.

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

Makes 6 patties or 12 appetizer patties.



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