

Barley and black bean burgers

Barley and Black Bean burgers are a tasty take on traditional grilling burgers. Barley and black beans together are high in fibre, iron, and protein, so you are getting a nutritionally balanced and delicious meal with homemade burgers.

Ingredients

- Can of black beans (or 1/2 cup dried black beans, soaked overnight and boiled until soft)
- 1/4 cup dried pearl barley, soaked overnight and cooked on the stove
- 1/4 green onion, chopped fine
- 1/3 cup carrots, diced fine
- 1/2 cup leafy greens (tougher greens like kale work best)
- 2 tbsp bread crumbs
- 1 tbsp olive oil

Directions

1. Soak barley (and black beans, if you're using the dried variety) overnight and cook on stove.
2. Sauté leafy greens, green onion, and carrots in olive oil in a pan. Once everything is cooked, turn off heat and set aside.
3. Process black beans in a food processor - then, add barley until everything is mixed through.
4. Add cooked vegetables and bread crumbs to food processor and pulse until completely incorporated. Season mix with salt and pepper to taste.
5. Form patties with mix. Pan fry until both sides are brown and finish heating through in oven for 15 minutes. To barbecue, freezing patties first works best.

GrainFact:

Barley can also be used as caffeine-free coffee substitute called caffè d'orzo.



Yield: 5 - 8 servings
Prep time: 10 minutes
Cook time: 15 minutes



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