

Joy of Living Cooking School

July 2022 – BBQ Burgers

Black Bean Burgers (8 Servings)

2 cans Black Beans (low sodium), rinsed
1 medium Onion, diced
1 Orange or Red Bell Pepper, diced
3 Garlic Cloves, minced
3/4 cup Cashews
1 cup Rolled Oats
1/4 cup Nutritional Yeast
1/4 cup Liquid Aminos
1/4 cup BBQ Sauce
2 tablespoons Ground Flax Meal



Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	226
	% Daily Value*
Total Fat 8.5g	11%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 338mg	15%
Total Carbohydrate 30.2g	11%
Dietary Fiber 7.5g	27%
Total Sugars 6g	
Protein 10.3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	18%
Potassium 449mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by [verywell](#)

Preheat oven to 375° F.

Spread out the drained black beans in a single layer onto a baking sheet. Bake for 20 minutes until the beans split open and are slightly dried. Set aside to cool for five minutes.

Heat a skillet over medium-high heat. Add the onions and peppers. Cook vegetables until tender, about 5-7 minutes, adding water as needed to keep from sticking. Add garlic and cook for 1 minute more. Transfer to a large mixing bowl.

Add the beans to the bowl of a food processor with the 'S' blade installed. Pulse 10-15 times until the beans are chopped into smaller pieces. Add to the cooked vegetables. Add the oatmeal to the food processor bowl and pulse for 10-15 times until it becomes a fine flour. Add to the vegetable mixture. Add the remaining ingredients and mix thoroughly. Refrigerate for 10 minutes.

Preheat grill to medium-high heat. Divide the mixture into eight patties. Cook over direct heat with the lid closed for 5 minutes. Flip and cook for another 5 minutes.

Serve warm.

Oven preparation: Preheat oven to 400° F. Line a baking sheet with foil and spray lightly with a non-stick spray. Arrange the burgers in a single layer. Bake for 8 minutes. Flip the patties and bake another 6 minutes.

Joy of Living Cooking School

July 2022 – BBQ Burgers

Teriyaki Cauliflower (4 Servings)

2 Cauliflower heads
3/4 cup Coconut Aminos
1/4 cup Water
4 ounces Pineapple
1 Garlic clove
1 inch piece Ginger
1 tablespoon Cornstarch



Prep the cauliflower by removing the green outer leaves and trim the stem to create a flat surface. Trim away both outer sides and reserve for another purpose. Cut the center section in half to create two steaks. Set aside.

Add the remaining ingredients to a blender. Pulse until smooth. Transfer to a medium sized pot and cook over high heat. Stir frequently using a whisk. Bring the teriyaki sauce to a boil for 30 seconds and then remove from heat.

Preheat grill to medium-high heat. Place the cauliflower on the grill. Cook over direct heat with the lid closed for 5 minutes. Flip and cook for another 5 minutes. Baste each steak with teriyaki sauce and cook a final 5 minutes.

Serve warm.

Oven preparation: Preheat oven to 400° F. Line a baking sheet with foil and spray lightly with a non-stick spray. Arrange the steaks in a single layer. Bake for 8 minutes. Flip the patties and bake another 6 minutes. Baste with teriyaki sauce and cook a final 5 minutes.

Nutrition Facts

Servings: 4

Amount per serving

Calories 122

% Daily Value*

Total Fat 0.4g 1%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 116mg 5%

Total Carbohydrate 26g 9%

Dietary Fiber 6g 21%

Total Sugars 7.9g

Protein 4.6g

Vitamin D 0mcg 0%

Calcium 55mg 4%

Iron 1mg 7%

Potassium 707mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**