

# Fennel Burgers

I am obsessed with these burgers. Not just for the flavor but the simple ingredients. I have always been a lover of fennel and to me, a burger doesn't taste right without it.

Prep:  
**5 minutes**

Cook:  
**35 minutes**

Ready In:  
**40 minutes**

Servings:  
**8**



## Ingredients

1 can salt free black beans, rinsed well

1 can salt free garbanzo beans, rinsed well

1 cup oats

1/4 cup water

2-3 garlic cloves

1/2 tbsp fennel

1/2 tbsp paprika

1 bell pepper, chopped

1/2 white onion, chopped

## Instructions

- 1** Preheat your oven to 375F. Combine all your ingredients in your food processor and blend until well combined. If you find your mixture to be too wet, add in a little more oats.
- 2** Once you have the right consistency. Form your mixture into patties. This will make 16 small burgers or 8 large ones.
- 3** Place on a non stick sheet and put in the oven for 20 minutes. Take them out, carefully flip them and place in the oven another 15 minutes.
- 4** Serve over rice with tomato paste or on a salt free bread. Ezekiel makes a good one.