



Pinto-Bean Burgers

Source: [Martha Stewart](#)

Toasted almonds, panko, roasted red peppers, and feta add heft and flavor to these California-style veggie burgers. The patties can be made with any kind of beans. You can also swap homemade for a 15.5-ounce can -- just drain and rinse first.

Ingredients

¼ cup extra-virgin olive oil
 ½ cup chopped shallot
 ⅓ cup toasted almonds, chopped, plus more for serving
 1 ¾ cups cooked pinto beans
 ⅔ cup panko
 ½ cup chopped roasted red peppers
 1 large egg, lightly beaten
 Kosher salt and freshly ground pepper
 ½ cup crumbled feta
 ½ cup full-fat Greek yogurt
 Sprouts, sliced avocado, and lemon wedges, for serving

Cook's Notes

Chilled patties are firmer and effortless to flip. Store them in the fridge for up to eight hours before cooking.

Directions

1. Heat 1 tablespoon oil in a large skillet over medium. Add shallot and cook until soft, 3 minutes.
2. Pulse shallot, almonds, beans, panko, ¼ cup roasted peppers, and egg in a food processor until just combined. Season with salt and pepper, fold in feta, and form into four 3 1/2-inch patties.
3. Wipe skillet clean; heat remaining oil over medium-high. Cook patties, flipping once, 8 minutes.
4. Mix yogurt and remaining 1/4 cup peppers. Spread on burgers and serve, with sprouts, avocado, lemon, and almonds.