# Delicious Vegan Pulled Aubergine & Black Bean BBQ Burgers Recipe for Summer Grilling



### Vegan Pulled Aubergine & Black Bean BBQ Burgers Recipe

A vegan alternative to classic BBQ burgers, pulled aubergine and black bean BBQ burgers, are an ideal option for summer grilling. This budget-friendly recipe serves four people at a cost of £1.60 per head.

**Ingredients:**
- 2 large aubergines
- 1 tbsp olive oil
- 1 large red onion, thinly sliced
- 1 bell pepper (yellow or orange), thinly sliced
- 2 sliced tomatoes
- 1 heaped tsp garlic granules
- 2 tsp smoked paprika
- 1 tbsp brown sugar
- 1 tsp dried oregano
- 5 tbsp BBQ sauce
- 400g can black beans, drained
- 4 burger buns
- Garnishes: rocket, chopped coriander, shredded lettuce, coleslaw

**Method:**
1. Preheat the BBQ to 280C/300C. Grill the aubergines until blackened and soft, for about 20-30 minutes. Allow them to cool.
2. Reduce the BBQ to 200C/220C. In a large pan over medium heat, add olive oil and cook the onion until softened and golden, approximately 10 minutes.
3. Peel the aubergine skin and scoop out the flesh. Add this to the pan with the onion. Mix in the garlic granules, smoked paprika, brown sugar, dried oregano, sea salt, and black pepper. Stir to combine.
4. Add BBQ sauce and black beans to the mixture. Cook until the sauce is thick and the aubergine resembles pulled pork, around 10-15 minutes.
5. Serve on toasted burger buns with garnishes of choice.

This vegan burger is a flavorful and nutritious addition to any BBQ menu, offering a plant-based twist on traditional pulled pork.