

Black Bean Burgers



Servings: 6

Ingredients:

15 ounce can of black beans, rinsed and drained well

½ of a green pepper, diced

½ onion, diced

2 cloves of garlic, diced finely

1 large egg, beaten

2/3 cup breadcrumbs, plain

1 tbsp chili powder

1 tsp cumin

Salt and pepper to taste

Hamburger rolls (6)

Toppings: lettuce, tomato, etc

Instructions

Mash black beans: Place rinsed and drained black beans in a bowl. Place in a large bowl and mash well with a fork.

Chop Veggies: Finely dice the bell pepper, onion and garlic

Combine: Add the finely chopped vegetable mixture to the bowl with the black beans. Add the chili powder, cumin and salt and pepper and stir to combine. Add beaten egg and mix. Stir in bread crumbs.

Form Patties: scoop mixture into 6 even sized patties, forming them and pressing flat with your hands.

To Cook on Stove: Cook over medium heat in a greased grill pan or skillet for 4-5 minutes on each side.

Assemble: Serve burgers on a bun or lettuce wrap and top with a spoonful of chipotle mayo, lettuce, tomato, cheese, avocado, or any desired toppings!

Make Ahead Instructions: The black bean burger mixture can be made 1-2 days ahead of time, formed into patties, or not, covered well. **Freezing Instructions:** Prepare and shape the black bean burger patties and lay them flat inside a freezer safe bag or container (separate layers with parchment paper, if needed). Freeze for up to 2 months. Cook from frozen or thaw before cooking.

Adapted from: <https://tastesbetterfromscratch.com/the-best-black-bean-burger/>

Black Bean Burger 2

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories171.7

% Daily Value*

Total Fat	2.3 g	3 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	31.1 mg	10 %
Sodium	410.8 mg	18 %
Total Carbohydrate	29.7 g	11 %
Dietary Fiber	8.7 g	31 %
Total Sugars	1.8 g	
Added Sugars	0.7 g	1 %
Protein	9 g	
Vitamin D	0.2 mcg	1 %
Calcium	87.3 mg	7 %
Iron	2.9 mg	16 %
Potassium	375.4 mg	8 %

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

Full info at oronometer.com

</>