



Black Bean Burgers

These make great leftovers. You can also freeze individual burgers by wrapping in plastic and thaw them for a quick lunch or dinner!

U.S.

1 (15 oz) can	Black Beans, no salt added, drained and rinsed
1/2 each	Red Bell Pepper, small dice
1/2 each	Onion, small dice
1/2 cup	Cheddar Cheese, shredded
1 clove	Garlic, minced
1 Tbsp	Cumin, ground
1 tsp	Oregano, dried
1/4 tsp	Salt
To taste	Black Pepper, ground
1/8 tsp	Cayenne Pepper
1 each	Egg, large
3/4 cup	Whole Wheat Breadcrumbs
As needed	Cooking Spray
1 each	Tomato, sliced
2 cups	Greens, such as romaine, spinach, or arugula
6 each	Whole Wheat Hamburger Bun

Metric

1 (425 g) can
60 g
55 g
60 g
1 clove
9 g
1 g
1.25 g
To taste
0.35 g
1 each
95 g
As needed
1 each
70 g
6 each

Preparation:

1. Gather all the ingredients and equipment.
2. Preheat oven to 375°F / 190°C.
3. Drain and rinse the black beans.
4. Mash beans in a large bowl with a fork or potato masher.
5. Mix in red pepper, onion, cheese, garlic, seasonings, egg and breadcrumbs. Mix well. Shape into 6, 4 ounce patties.
6. Line a baking sheet with foil and spray lightly with cooking spray. Place burger patties in a single layer.
7. Cook in oven until burgers firm up and reach internal temperature of 165°F, about 12 minutes.
8. Serve on a toasted whole wheat bun with lettuce, tomato and any other favorite condiment.

****Nutrition Facts on Reverse**

8/20/20

Nutrition Facts

6 Servings

Serving size **1 burger**

Amount per serving

Calories **300**

Total Fat 6 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 40 mg

Sodium 360 mg

Total Carbohydrate 50 g

 Dietary Fiber 10 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 15 g

Vitamin D 0 %

Calcium 0 %

Iron 5 %

Potassium 400 mg

Phosphorus 5 mg
