



## Bean & Rice Patties

This recipe may be adapted to incorporate other legumes such as chickpeas, black beans, or black-eyed peas.

<u>U.S.</u>		<u>Metric</u>
1 cup	Red Beans, cooked from recipe	113 g
1 cup	Brown Rice, cooked and cooled	113 g
1 cup	Whole Wheat Flour	113 g
1 large	Egg	1 large
As needed	Cooking Spray	as needed

### Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl, smash red beans and rice until thoroughly combined, leaving some beans chunky.
3. Add whole wheat flour and mix well.
4. In a separate bowl, whisk the egg and then add it to the bean and rice paste mixture. (If mixture is too dry, add 1 tbsp of water. If it is too wet, add 1 tbsp of flour at a time)
5. Divide mixture into four and form patties about ¼ inch thick and about 4 inches in diameter (trying to mimic the size of a regular hamburger). Set aside.
6. Heat a large sauté pan over high heat. Spray with cooking spray. Carefully place the patties into the pan in a single layer and allow to cook for about 3-5 minutes on each side, or until browned and heated through.
7. Serve on top of salads, as a meat substitute on whole wheat bread/whole wheat hamburger bun, or in a pita with lettuce and tomato.

---

### Nutrition Facts

**Serving size** 1 patty  
**Servings** 4

<b>Calories</b>	270
Calories from Fat	40
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	70 mg
Sodium	200 mg
Carbohydrates	49 g
Dietary Fiber	9 g
Sugars	2 g
Protein	12 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	2 %
Phosphorus	37 mg

---