



## 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>U.S.</u>		<u>Metric</u>
1 (15 oz) can	Black Beans, no salt added, drained and rinsed	425g
1/2 each	Red Bell Pepper, small dice	60g
1/2 each	Onion, small dice	55g
1/2 cup	Cheddar Cheese, shredded	60g
1 clove	Garlic, minced	1 clove
1 Tbsp	Cumin, ground	9g
1 tsp	Oregano, dried	1g
1/4 tsp	Salt	1.25g
To taste	Black Pepper, ground	To taste
1/8 tsp	Cayenne Pepper	0.35g
1 each	Egg, large	1 each
3/4 cup	Whole Wheat Breadcrumbs	95g
As needed	Cooking Spray	As needed
2 each	Tomato, sliced	2 each
2 cups	Greens, such as romaine, spinach, or arugula	70g
6 each	Whole Wheat Hamburger Bun	6 each

### Preparation:

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

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## Nutrition Facts

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6 Servings

**Serving size**                      **1 burger**

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**Amount per serving**

**Calories**                              **300**

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**Total Fat**                              6 g

    Saturated Fat                      2.5 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

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