

BLACK BEAN BURGERS

PREP TIME: 15 min
COOK TIME: 10 min
SERVINGS: 4
SERVING SIZE: 1 burger



INGREDIENTS

- 1 can (16oz) black beans, drained and rinsed
- 1 egg
- ½ cup cooked brown rice or bread crumbs
- 2 green onions, minced (about ¼ cup)
- ½ teaspoon minced garlic
- ¼ teaspoon ground cumin
- ¼ teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 teaspoons olive oil

DIRECTIONS

1. Drain and rinse the black beans. Put the black beans in a bowl and using the back of a fork, mash until chunky.
2. Crack the egg into the bowl with the black beans. Using a fork whisk the egg into the beans.
3. Add the rice or bread crumbs, green onions, garlic, cumin, oregano, salt, pepper, and olive oil to the bean mixture. Mix until well combined.
4. Heat a large nonstick skillet or griddle over high heat. Divide the mixture into four portions and form into patties. Cook the burgers until browned on both side and heated through, about 4-5 minutes on each side.
5. Remove from heat. You can serve them alone (try topping with salsa!), or on buns like a hamburger. Add lettuce, tomato and any other toppings. Enjoy!

Recipe adapted from www.chopchopmag.org



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