

Black Bean Burgers

Makes 5 servings (10 burgers)

Base

2- 15 oz. cans black beans, rinsed and drained
(preferably reduced salt)
1/2 cup bread crumbs
1 whole egg
1 egg white
2 t hot sauce
2 t garlic powder
1/2 t black pepper

Option 1

1 T toasted sesame seed oil
1 t ground ginger
4 green onions finely chopped

Option 2

1 T paprika
1 1/2 t cumin
2 t onion powder



Place all ingredients base ingredients in a food processor and process for 5 seconds. If you do not have a food processor place the base ingredients in a bowl and mash with hands or using the bottom of a flat object such as a cup measurement. Add optional ingredients and mix to incorporate. Heat a pan or griddle top for 2 minutes on medium to high heat. Place 3-4" diameter, 3/4" thick burgers on the hot surface for 3 minutes (you can choose to use little or no oil), carefully flip each patty, and cook the other side for an additional 3 minutes. Place on a toasted whole wheat bun with other burger fixin's such as lettuce, tomato, avocado, or cheese.

Nutrition information for two burgers: 170 calories, 4g fat, 11g protein, 300mg sodium, 10g dietary fiber. Excellent source of iron. Good source of Vitamin C.



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