



Black Bean Burgers

Servings 4 | Prep time 15 mins | Total time 25 mins.

Equipment: Mixing bowl, Large frying pan
Utensils: Fork, Stirring spoon, Measuring cups and spoons

Ingredients

- 1 15.5 ounce can no salt added black beans, drained and rinsed
- 2 large eggs
- 1/2 cup brown rice, cooked
- 2 green onions, minced
- 2 tablespoons chopped fresh cilantro
- 1 clove garlic, minced, OR 1 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon olive oil OR vegetable oil
- 4 whole wheat buns

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add beans to a bowl and mash with a fork until beans begin to smash and stick together. Add the eggs and mix well.
3. Add precooked rice, green onion, cilantro, garlic, oregano, salt, and black pepper and mix until well combined.
4. Divide the mixture into 4 portions and form each portion into a patty about 3/4 to 1 inch thick.
5. Place a large frying pan on the stove on high heat. When the frying pan is hot, add oil. Add patties and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Serve on a whole wheat buns.

Nutritional Information:

Calories 360
Total Fat 6g
Sodium 850mg
Total Carbs 59g
Protein 17g