

Black Bean Burgers

Black beans and cooked rice are used as the base of these delicious burgers. Flavored with scallions, garlic and spices, these are sure to please the whole family.

Makes: 4 servings

Source:

<https://www.myplate.gov/recipes/myplate-cnpp/black-bean-burgers>

Ingredientes

- 1 can of canned black beans (low sodium)
- 1 large egg
- 1/2 cup brown rice, (cooked)
- 2 spring onions (chopped)
- 2 tablespoons coriander or basil (chopped)
- 1 clove garlic (peeled and minced)
- ¼ teaspoon oregano
- 1 teaspoon vegetable oil
- 4 whole wheat buns
- ¼ teaspoon each salt and pepper

Directions

1. Add beans to a bowl and mash with a fork until coarse. Add the egg and mix well.
2. Add parboiled rice, spring onions, garlic, oregano, salt and pepper and mix until well combined.
3. Divide mixture into 4 portions and shape each portion into a ¾ to 1-inch thick patty.
4. Place a large skillet on the stove over high heat. When the skillet is hot, add oil. Add patties and cook 4 to 5 minutes per side until browned on both sides and heated through.
5. Place on whole wheat bun.



Small Changes,
BIG Difference!



Nutrition Information

Serving size : 3 ounce patty

Nutrients	Amount
Calories:	274
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	53 mg
Sodium:	668 mg
Total carbohydrates:	47 g
Dietary Fiber:	12 g
Total Sugar:	4 g
Added Sugars:	3 g
Protein:	13 g
Vitamin D	0 mcg
Calcium	106 mg
Iron	4 mg
Potassium	516 mg

Utensils Needed

- Knife
- Cutting board
- Fork
- mixing bowl
- Pan
- Spatula
- serving dishes

SHOPPING LIST

Average total cost without oil and seasonings: \$ 11.21

Cost per serving: \$ 2.80

Recipe makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add to cart
Cilantro



Add to cart
Brown rice



Add to cart
Canned black beans



Add to cart
Green onions



Add to cart
Eggs



Add to cart
Whole wheat buns

SAVE TIME, SAVE MONEY

Cooking Notes