

BLACK BEAN BURGERS

Prep Time: 10 minutes

Cook Time: 20 minutes

Included in Box:

- 1 (15 oz) can no salt black beans, drained and rinsed
- $\frac{3}{4}$ c. oats, uncooked

Additional Ingredients Needed:

- 1 egg, beaten
- 1 small onion ($\sim\frac{1}{2}$ c.), diced
- $\frac{1}{2}$ c. green pepper, chopped
- 1 tsp garlic powder
- $\frac{1}{4}$ tsp ground cumin
- 4 whole wheat hamburger buns

Directions:

1. In a medium bowl, mash black beans with a fork.
2. Add oats, egg, onion, green pepper, and spices to mashed black beans. Mix to combine.
3. Divide mixture into 4 parts; roll into balls and flatten to form patties.
4. Cook patties in skillet over medium heat until brown (5 minutes per side). Or bake in oven at 375 degrees F for 20 minutes, flipping halfway through.

Tip: Top with low-sodium salsa, avocado or spinach for extra flavor. Can swap some cooked lentils for beans.



Nutrition Facts*

Total Servings: 4
Serving Size: 1 burger with bun
Calories: 302
Fat: 4 g
Sodium: 402 mg
Carbohydrates: 53 g
Fiber: 9 g
Protein: 13.5 g
Carbohydrate Servings: $3\frac{1}{2}$

**Nutrient facts include canned reduced sodium black beans, dry instant oats, 1 large brown egg, 1 small white onion, fresh green bell pepper (chopped), spices, and a whole grain wheat hamburger bun.*