

Black Bean Burgers

Rating: ★★★★★

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 4 Servings

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.

Ingredients

- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice
- 2 scallions (green and white minced about 1/4 cup)
- 2 tablespoons Chopped fresh cilantro (or basil leaves or a combination)
- 1 clove garlic (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

Directions

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	274	
Total Fat	5 g	8%
Protein	13 g	
Carbohydrates	47 g	16%
Dietary Fiber	12 g	48%
Saturated Fat	1 g	5%
Sodium	668 mg	28%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	1/2 ounce

3. Divide the mixture into 4 portions and form each portion into a patty about $\frac{3}{4}$ to 1 inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun.

Notes

- Use old-fashioned rolled oats, leftover cooked barley or Panko breadcrumbs instead of prepared rice.
- Serve with your favorite toppings such as lettuce, tomato, guacamole, salsa, low-fat cheese, or low-fat yogurt.

USDA Center for Nutrition Policy and Promotion