

# Black Bean Burgers

**Makes:** 24 servings

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Ingredients	Weight	Measure
Black beans, canned	8 lb	
Onion, finely diced		1 cup
Red bell pepper, finely diced		1 cup
Cumin		1 tsp
Whole-wheat bread crumbs		2 cups
Salt and pepper		to taste
Vegetable bouillon cubes		2

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>157</b>	
Total Fat	2 g	
Protein	9 g	
Carbohydrates	27 g	
Dietary Fiber	9 g	
Saturated Fat	NA	
Sodium	543 mg	

## Directions

1. Drain and rinse beans; mash with onion, red pepper, cumin, breadcrumbs, salt and pepper. Do not overmash.
2. Dissolve vegetable bouillon cubes in 1/2 cup water; add to bean mixture. Add more water if necessary to make mixture just soft enough to form patties.
3. Shape into 5-ounce patties; cover and refrigerate 1 hour.
4. Spray each patty with vegetable cooking spray; grill until hot through, turning once.

## Notes

Serving Tips:

Serve on a bun with guacamole or avocado slices, sour cream and salsa.