

# Black Bean Veggie Burgers



*Making flavorful and filling homemade veggie burgers is easy - these burgers are both freezer and meal prep friendly and are packed with bold flavor from spices and aromatic vegetables.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

1 (15 oz) can	Black Beans, no-salt-added, drained and rinsed
1/2 each	Red Bell Pepper, small dice
1/2 each	Onion, small dice
1/2 cup	Cheddar Cheese, shredded (2 oz)
1 Tbsp	Cumin, ground
1 tsp	Garlic Powder
1 tsp	Oregano, dried
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground
1/8 tsp	Cayenne Pepper
1 each	Egg, large
1/2 cup	Whole Wheat Breadcrumbs
1 each	Tomato, sliced
2 cups	Mixed greens, Spinach, or Arugula
6 each	Whole Wheat Hamburger Bun

## CHEF'S NOTES

Veggie burgers can be customized with different spices, herbs, and vegetables to create different flavor profiles. These burgers can also be made with different beans such as kidney or pinto beans.

For a dairy and egg free version: substitute 2 ounces of vegan mayo for the cheese and 1 Tbsp ground flaxseed or egg substitute & 2 Tbsp of water for the egg.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Drain and rinse the black beans. In a large bowl, mash the beans using a fork or potato masher.
3. Using your hands, combine the red pepper, onion, cheese, seasonings, and egg with the mashed beans.
4. Once combined, gradually add in the breadcrumbs, checking the texture as you go. Use only as much as needed to achieve a moist, cohesive mixture. (You may not need all the breadcrumbs.)
5. Shape the burger mixture into 6 (4-ounce) patties and place on the baking sheet, then spray lightly with cooking spray.
6. Bake in the oven until burgers firm up and reach an internal temperature of 165°F, about 12 minutes.
7. Serve on a toasted whole wheat bun with lettuce, tomato, and balsamic marinated mushrooms (see separate recipe).

# Nutrition Facts

6 servings per container

**Serving size 4 oz burger with bun (225g)**

**Amount Per Serving**

**Calories 300**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 440mg **19%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 11g **39%**

Total Sugars 6g

Includes 4g Added Sugars **8%**

**Protein** 16g **32%**

Vitamin D 0.2mcg 2%

Calcium 230mg 20%

Iron 3.5mg 20%

Potassium 550mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG, WHEAT



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