

# 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
1 clove	Garlic, minced
1 Tbsp	Cumin, ground
1 tsp	Oregano, dried
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground
1/8 tsp	Cayenne Pepper
1 each	Egg, large
3/4 cup	Whole Wheat Breadcrumbs
As needed	Cooking Spray
1 each	Tomato, sliced
2 cups	Mixed greens, Spinach, or Arugula
6 each	Whole Wheat Hamburger Bun

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F.
2. Drain and rinse the black beans. In a large bowl, mash the beans using a fork or potato masher.
3. Combine the red pepper, onion, cheese, garlic, seasonings, egg, and breadcrumbs with the mashed beans. When the mixture is completely combined, shape into 6 (4-ounce) patties.
4. Line a baking sheet with parchment; place patties on the baking sheet and spray lightly with cooking spray.
5. Bake in the oven until burgers firm up and reach an internal temperature of 165°F, about 12 minutes.
6. Serve on a toasted whole wheat bun with lettuce, tomato and balsamic marinated mushrooms (see separate recipe).

## CHEF'S NOTES

Alternate Step 2/3: In a food processor, pulse the pepper, onion, and garlic. Once the vegetables are roughly chopped, add the drained beans, cheese, seasonings, egg and breadcrumbs. Pulse the mixture until it is thoroughly combined and shape into 6, 4-ounce patties. Continue to step 4 above.

For a dairy and egg free version: substitute 1/4 cup of nutritional yeast for the cheese and 3-4 Tbsp of water for the egg.

## EQUIPMENT NEEDS

Strainer  
Large Bowl  
Fork or potato masher  
Baking Sheet  
Spatula  
Cutting Board  
Knife  
Measuring Cups & Spoons

# Nutrition Facts

6 servings per container

**Serving Size** 4 oz burger with bun (202 g)

Amount per serving

**Calories** **290**

**% Daily Value \***

**Total Fat 3.5g** **4%**

Saturated Fat 1g **4%**

*Trans* Fat 0g

**Cholesterol 35mg** **11%**

**Sodium 490mg** **21%**

**Total Carbohydrate 51g** **19%**

Dietary Fiber 11g **40%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein 16g** **33%**

Vitamin D 0.18mcg 0%

Calcium 120mg 9%

Iron 2mg 9%

Potassium 400mg 8%

\*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.

Recipe adapted from *Health meets Food*, Black Bean Burgers (5/1/20)



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