

Fiesta Bean Burger with Tropical Ketchup

This kidney bean & veggie burger is a great way to add plant-based protein to your diet at an affordable cost. The sweet and tangy ketchup adds an extra treat for your tastebuds.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
-----------------------------------	-----------------------------------	------------------------------------



INGREDIENTS

For the Fiesta Bean Burgers:

1 (15oz) can	Kidney Beans, low-sodium, drained and rinsed
½ each	Onion, small dice
2 cloves	Garlic, minced
7oz.	Corn, canned, drained
1 each	Egg, large
½ each	Orange, juiced
¾ cup	Whole Wheat Breadcrumbs
½ bunch	Cilantro, chopped
½ tsp	Cumin
½ tsp	Coriander
¼ tsp	Kosher Salt
¼ tsp	Black Pepper, ground

For the Tropical Ketchup:

2 oz.	Pineapple, canned, drained and diced small
¼ cup	Ketchup
1 each	Lime, juiced

CHEF'S NOTES

Rinsing canned beans helps to reduce the sodium content, even when using low-sodium beans. When mashing, it's best to leave the texture somewhat chunky.

This burger has plenty of fiber to keep you feeling full between meals. Fiber is also important for blood sugar and cholesterol control.

You can also serve these burgers on a whole wheat bun or sandwich thin and add a side of baked sweet potatoes for a complete burger meal!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Add the drained and rinsed beans to a large mixing bowl. Using a potato masher or fork, smash the beans until they are creamy with some lumps remaining.
3. Add the remaining burger ingredients and use clean hands to combine the mixture thoroughly.
4. Shape into 6 evenly sized patties and place on the prepared baking sheet. Spray lightly with non-stick cooking spray.
5. Bake until the burger feels firm to the touch and reaches internal temperature of 165 F, about 12 minutes.

6. Meanwhile, make the tropical ketchup by combining the diced pineapple, ketchup, and lime juice in a small bowl and mix thoroughly.
7. To serve, top each burger with 1 Tbsp of ketchup and enjoy!

Nutrition Facts	
6 servings per container	
Serving	1 burger with 1 Tbsp sauce
Size	(167 g)
Amount per serving	
Calories	200
% Daily Value *	
Total Fat 2g	2%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 30mg	10%
Sodium 220mg	10%
Total Carbohydrate 38g	14%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 3g Added Sugars	5%
Protein 10g	20%
Vitamin D 0.17mcg	0%
Calcium 40mg	3%
Iron 2mg	11%
Potassium 500mg	11%
<small>*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.</small>	

