

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.

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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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

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 1/4 cup of nutritional yeast for the cheese and 3-4 Tbsp of water for the egg.

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).

Nutrition Facts

6 servings per container

Serving Size 4 oz burger with bun (202 g)

Amount per serving

Calories **290**

% Daily Value *

Total Fat 3g **4%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 460mg **20%**

Total Carbohydrate 50g **18%**

Dietary Fiber 9g **33%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0.18mcg 0%

Calcium 140mg 11%

Iron 1mg 7%

Potassium 400mg 9%

*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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