

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 (2 oz)
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 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. 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. 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 (225g)

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 430mg 19%

Total Carbohydrate 47g 17%

Dietary Fiber 10g **36%**

Total Sugars 6g

Includes 3g Added Sugars **6%**

Protein 16g 32%

Vitamin D 0.2mcg 2%

Calcium 230mg 20%

Iron 3.5mg 20%

Potassium 540mg 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

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



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

