



Black Bean Burgers

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 3 servings | Serving Size: 1 burger

Ingredients

½ cup rolled (old fashioned) oats or cubes of whole-wheat bread

1 (15-ounce) can no-salt-added black beans, chilled in the refrigerator, drained and rinsed

1 large egg, lightly beaten

1 teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon ground black pepper

¼ teaspoon ground cumin

¼ teaspoon ground coriander

1 teaspoon soy sauce or Worcestershire sauce

Nonstick cooking spray

Directions

1. Add the oats or bread cubes to a food processor. Pulse or blend on low speed until crumbs form.
2. Add the chilled black beans, egg, onion powder, garlic powder, black pepper, cumin, coriander, and soy sauce or Worcestershire sauce.
3. Pulse or blend on low speed until the mixture is partially mashed and holds together. It should not be pureed or look like a paste.
4. Using slightly wet hands, divide the mixture into three equal portions and form each portion into a patty.
5. Spray a large skillet with nonstick cooking spray and place over medium-high heat.
6. Once the pan is hot, add the patties and cook until they are well-browned and hold together, about 5 minutes per side.
7. Serve warm on their own, with a dipping sauce, or on a bun with your choice of toppings.

Recipe Notes

- If you don't have black beans, you can swap just about any other bean in as a substitute. You can also try experimenting with different herb and spice combinations to change up the flavors.
- These are best eaten right away, but can keep in the refrigerator for up to 5 days. Freezing is not recommended.

**Nutrition Facts Per Serving: Calories: 240 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 440 mg | Total Carbohydrate: 41 g | Dietary Fiber: 10 g | Protein: 14 g**

Submitted by Melanya Souza, RD, LD/N and Robin LaCroix, MS, RD, CSO
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs