

Black Bean Burgers

Servings: 4

Diet: Vegetarian

Ingredients

- 1 (15 ounce) can black beans, no salt added, drained and rinsed
- ½ cup canned corn, no salt added, drained
- ½ cup onion, finely chopped
- 1 large egg
- ½ cup breadcrumbs
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon oil
- Optional: 1 teaspoon cumin, garlic powder, chili powder

Instructions

STEP 1: Place the black beans in a large bowl and mash using a fork. Add the corn, onion, egg, breadcrumbs, salt, black pepper and optional spices and mix.

STEP 2: Divide the mixture into 4 equal portions, using your hands to form patties.

STEP 3: Heat a pan over medium heat and add the oil. Place patties in pan and cook until the patties are browned and cooked through, about 5 minutes per side.

STEP 4: Serve warm on a whole wheat bun or lettuce wrap with your favorite toppings.



- **Ingredient Swap:** Any beans will work! Try red, pinto or kidney beans.
- **Shopping Tip:** Choose low salt/no salt added canned foods. If not available, draining and rinsing can reduce the salt content up to 40%!
- **Did you know?** Beans are a good source of plant protein and fiber.



Per Serving: 210 Calories | 32g Carbs | 4g Sugar | 6g Fiber | 6g Fat (1g Sat Fat) | 9g Protein | 420mg Sodium
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