



The Kitchen at Second Harvest  
**Any Bean Burgers**  
 try at home recipe  
 Recipe modified from A Virtual Vegan

flip to learn more!



**Ingredients**

- 1 1/2 cup cooked beans of choice (one 15-oz. can, drained and rinsed)
- 1 cup rolled oats
- 1/4 medium onion
- 2 Tbsp. ketchup
- 1 tsp. dried oregano
- 1/4 tsp garlic powder
- 1 tsp. smoked paprika (or chili powder)
- 1/2 tsp. salt
- 1/2 tsp ground black pepper
- 1 handful of fresh chopped parsley (optional)

Vegetable oil for cooking

**Yield: 4 burger patties**

**Serving Size: 1 patty**



**Directions**

- Add all ingredients in a medium bowl and mash with fork (or hands) until well blended
- Form mixture into four 1/2 to 3/4 inch thick patties
- Lay patties on lined plate or tray and chill (covered) for at least 20 min (up to 3 days is ok)
- Coat bottom of skillet with 1-2 Tbsp vegetable oil and heat over medium/low heat
- Add patty and cook for approximately 8 minutes on each side until it is firm and brown on both sides

Find more recipes, free classes, and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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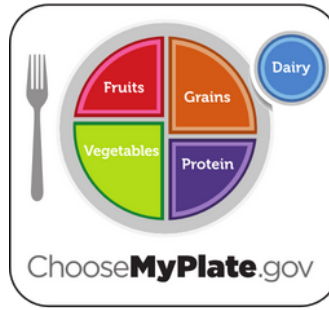
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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



**Protein** includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

## Cooking Tips

- This recipe is a quick and easy meal option!
- For a smoother textured burger, use a food processor to mash/mix ingredients.
- Make extra! You can freeze left over uncooked patties. Thaw before before cooking.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.  
This institution is an equal opportunity provider.



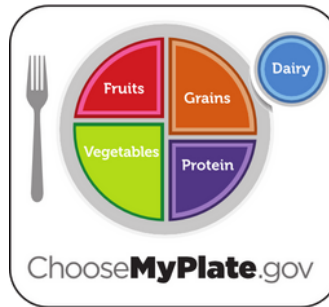
## Nutrition Facts

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.4g	2%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.98mg	10%
Potassium 282mg	6%
*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.	

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