



Black Bean Burgers



Ingredients



- 1 can black beans (1 3/4 cup)
- 1/3 cup rolled oats
- 1/2 medium onion, chopped
- 1/2 Tbsp. olive oil
- 3 cloves garlic
- 1 Tbsp. cumin
- 1 Tbsp. chili powder
- 2 tsp. smoked paprika
- Salt and pepper to taste



Directions



Yield: 3 patties **Serving size:** 1 patty **Total cost:** \$1.95 **Serving cost:** \$0.65

1. Heat olive oil over medium heat in a small sauté pan. Add chopped onion and cook until translucent.
2. In a medium bowl, mash beans with fork. Add all other ingredients and mix until combined. Chill bowl in fridge for 30 minutes.
3. Preheat oven to 400 F and line a baking sheet with parchment paper.
4. Remove mixture from fridge. Scoop out 1/2 cup size of mixture and shape into patty. Place patties onto baking sheet.
5. Bake 15 minutes. Flip patties and bake for an additional 10 minutes until the patties are browned and feel solid.
6. Serve on whole wheat bun and add your favorite burger toppings.

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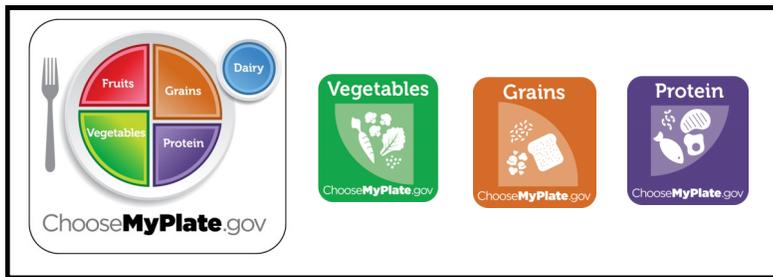
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Fast Facts



Featured Food Groups



Cooking Tips



- Add in any veggies you may have (carrots, corn, peas, celery, mushrooms, or peppers).
- Substitute in any seasoning you like.

Nutrition Facts

3 servings per container	
Serving size	1 patty (1g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 34g	12%
Dietary Fiber 11g	39%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 43.74mg	240%
Potassium 517mg	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.

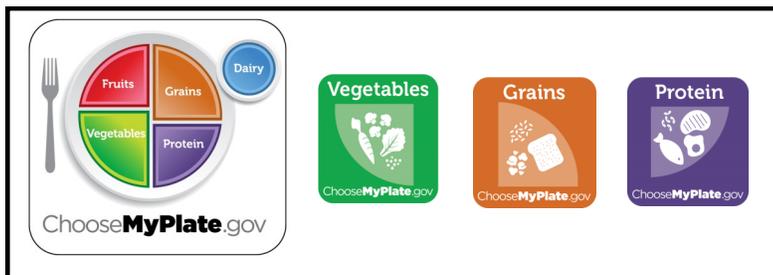
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