

# Black Bean Burgers

Black beans and cooked rice are used as the base of these delicious burgers. Flavored with scallions, garlic and spices, these are sure to please the whole family.

Makes: 4 servings

Source: [choosemyplate.gov](http://choosemyplate.gov) recipe/ Black Bean Burgers

## Ingredients

- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice
- 2 scallions (green and white minced about 1/4 cup)
- 2 tablespoon Chopped fresh cilantro (or basil leaves or a combination)
- 1 clove garlic (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

## Directions

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about 3/4 to 1 inch thick.
5. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun



Small Changes,  
BIG Difference!

Click image to watch the recipe video



## Nutrition Information

Serving Size: 3 oz patty	
Nutrients	Amount
Calories:	274
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	53 mg
Sodium:	668 mg
Total Carbohydrates:	47 g
Dietary Fiber:	12 g
Total Sugars:	4 g
Added Sugars:	3 g
Protein	13 g
Vitamin D	0 mcg
Calcium	106 mg
Iron	4 mg
Potassium	516 mg

## Utensils Needed

- Knife
- Cutting Board
- Fork
- Mixing bowl
- Skillet
- Spatula
- Serving Plates

# SHOPPING LIST

Average total cost without oil and seasonings: \$11.21

Average cost/serving: \$2.80

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Black Beans, Low Sodium  
15.5 oz can



Add 1 to Cart  
Eggs Fresh White Large Dozen



Add 1 to Cart  
Brown Rice 16 oz



Add 1 to Cart  
Scallions - Green 1 bunch



Add 1 to Cart  
Cilantro- Fresh 0.75 oz



Add 1 to Cart  
Fresh Garlic 4 oz (avg.)



Add 1 to Cart  
Whole Wheat Buns

**My Cooking Notes**

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