

Black Bean Veggie Patties

Missing summer barbecues? Try these inexpensive, flavorful, and protein-packed black bean burgers!

Makes: 5 servings
 Prep Time: 10 mins
 Cook Time: 45 mins

Source: jsyfruitveggies.org

Ingredients

- 2 cups cooked black beans, mashed
- 1/2 green pepper, finely chopped
- 1/2 onion, finely chopped
- 3 garlic cloves, minced
- 1 egg
- 1 tablespoon chili powder
- 1 1/2 teaspoons cumin (optional)
- 1/2 teaspoon hot sauce (optional)
- 1/2 cup bread crumbs
- Salt and pepper to taste

Directions

1. In a large bowl, mix mashed beans, green pepper, onion and garlic.
2. In a small bowl, mix egg, chili powder, cumin and hot sauce. Add to large bowl. Stir in bread crumbs. Add salt & pepper to taste.
3. To make 1 patty, lightly pack some of the mixture to fill 1/3 cup measuring cup. Take mixture out of cup and form into a patty or burger shape. Repeat to make the other 4 patties.
4. Spray frying pan with non-stick cooking spray. Cook patties over medium heat for 5 minutes on each side.**

** The temperature of the patties must reach 160° F in the center to be sure the egg has been properly cooked.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 patty	
Nutrients	Amount
Calories:	160
Total Fat:	2 g
Saturated Fat:	0.5 g
Cholesterol:	45 mg
Sodium:	270 mg
Total Carbohydrates:	28 g
Dietary Fiber:	8 g
Total Sugars:	2 g
Protein	9 g

Utensils Needed

- Large pot
- Vegetable masher
- Knife
- Cutting board
- Large & small bowl
- Mixing spoons
- Frying pan
- Flipping spatula

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$7.23

Average cost/serving: \$1.45

Makes: 5 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 2 to Cart
Can Low Sodium Black Beans 15 oz



Add 1 to Cart
Garlic, bulb



Add 1 to Cart
Green Bell Pepper



Add 1 to Cart
Large Grade A Eggs, 12 ct



Add 1 to Cart
1 Large Onion



Add 1 to Cart
Bread Crumbs

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Dried Beans

- Dried beans are typically cheaper per unit and lower in sodium than canned beans.
- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.
- Eat beans for a good source of fiber, protein, iron, and vitamin B.