

Black Bean Burgers

Rating: ★★★★★

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 4 Servings



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.

Ingredients

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| | 0 cup |
| 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water) | ½ ounce |
| 1 large egg | |
| ½ cup cooked brown rice | 2 ½ ounces |
| 2 scallions (green and white minced about 1/4 cup) | |
| 2 tablespoons Chopped fresh cilantro (or basil leaves or a combination) | |
| 1 clove garlic (peeled and minced) | |
| ¼ teaspoon dried oregano or basil | |
| 1 teaspoon vegetable oil | |
| ½ teaspoon salt | |
| ½ teaspoon black pepper | |
| 4 whole-wheat buns | |

Directions

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| | ¾ cup |
| 1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well. | ½ ounce |
| 2. Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined. | ½ ounce |
| 3. Divide the mixture into 4 portions and form each portion into a patty about ¾ to 1 inch thick. | |
| 4. 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. | |

Vegetarian My Plate



Traditional My Plate

