

Black Bean Burgers

Makes 4 servings
Source: Spend Smart Eat Smart

- 1 can low-sodium black beans, drained and rinsed
- 1 egg, beaten
- 1/2 cup bread crumbs
- 1/4 cup onion, minced
- 1/4 teaspoon pepper
- 1 tablespoon olive oil

Optional: cheese slices, lettuce leaves, mushrooms, onion slices, tomato slices, whole wheat bread or hamburger buns

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Mash beans with a fork. Combine with egg, bread crumbs, minced onion, pepper, and oil. Shape into patties.
3. Heat a skillet over medium heat. Spray with non-stick cooking spray.
4. Place patties in skillet and cover with a lid. Cook for 5 minutes. Flip. Cook 4 minutes. Serve with optional items.

Note: Optional items not included in nutritional analysis.

* The % Daily Value 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.



Nutrition Facts

4 servings per container	
Serving size	1 burger
<hr/>	
Amount per serving	
Calories	170
<hr/>	
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 200mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 3mg	15%
Potassium 390mg	8%

K-STATE
Research and Extension
Johnson County



johnson.k-state.edu | 913.715.7000