



# Bean Burgers

8 Servings • 1 Serving = 1 Patty

## INGREDIENTS

- 2 cups cooked black beans, rinsed and drained
- 1 egg
- ¼ cup green onion, chopped
- ¼ cup cilantro, chopped
- Optional: 1 jalapeño, seeded and finely chopped
- ¼ red bell pepper, finely chopped
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1 teaspoon black pepper
- 2 Tablespoons whole wheat breadcrumbs
- 2 Tablespoons canola oil, divided
- 8 whole wheat buns, toasted
- Optional toppings: avocado, red onion, tomato, pickle, mayo, and/or mustard

## DIRECTIONS

1. In a large bowl, mash the beans with a potato masher or fork.
2. Stir in the rest of the ingredients, besides the optional toppings and buns. Let the mixture sit for 10 minutes and then form 8 equal-sized patties, about ½ cup each.
3. Heat a large skillet over medium heat. Add canola oil and allow to warm up. Cook patties, allowing one side to crisp up on the outside, about 3 minutes. Flip and let the other side crisp up for another 3 minutes. Depending on the size of your skillet, you may need to cook the patties in batches. Add additional oil with each batch.
4. Remove the patties and place on a plate lined with a paper towel while you finish cooking the rest of the patties.
5. Serve on toasted whole wheat buns, with any of the optional ingredients.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 patty</b>
Amount per serving	
<b>Calories</b>	<b>100</b>
	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 181mg	<b>4%</b>

\*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.

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