



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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BLACK BEAN VEGGIE BURGER

INGREDIENTS

- 1 (16 oz) can black beans, drained and rinsed
- 1/2 green bell pepper, cut into 2 inch pieces
- 1/2 onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 tsp Thai chili sauce or hot sauce
- 1/2 cup bread crumbs



DIRECTIONS

1. If baking, preheat oven to 375°F, and lightly oil a baking sheet. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.

NUTRITIONAL INFORMATION | Serving size: 1 Calories: INFO; 245 Fat: INFO; Saturated Fat: INFO; 0g Trans Fat: INFO; 0g Sodium: INFO; 34mg Cost per Serving: \$ 1.36; Recipe makes 4 Servings