Bold Black Bean Burgers

This vegetarian burger replacement is packed with flavor, fiber and vitamin C!

Serves 4

Ingredients

- Cooking spray
- ½ bell pepper, any color, chunked
- 2 large cloves of garlic, peeled
- 1 15-ounce can black beans rinsed, drained and patted dry
- 1 tablespoon canola oil
- ¾ cup rolled oats
- 1 large egg
- 3 tablespoons dried minced onion
- 1 teaspoon cumin
- 2 teaspoons chili powder
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- ½ cup frozen or canned corn

Directions

1. Preheat oven to 375 degrees , and lightly coat a baking sheet with cooking spray.
2. In a food processor, add bell pepper and garlic cloves. Pulse until finely chopped.
3. Add black beans, oil, oats, egg, minced onion, cumin, chili powder, salt and cayenne pepper. Process until well mixed.
4. Evenly sprinkle corn over top of the mixture and pulse until kernels are distributed throughout.
5. Divide mixture into 4 parts and shape into patties.
6. Place patties on greased baking sheet and bake for 10 minutes. Flip patties over and bake for 10 minutes more.
7. Serve on a bun or by itself with your favorite sauce.

Nutrition Facts

Serving Size 1 Patty
Servings Per Recipe 4

Amount Per Serving

Calories 230	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 320mg	**13%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 8g	**32%**
Sugars 4g	
Protein 11g	

Vitamin A 20% • Vitamin C 80%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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