

Black bean burgers

Makes 4-6 burgers

Ingredients:

15oz can reduced sodium black beans, drained (~2 cups beans)
1/2 cup finely diced onion
1/2 cup rolled oats
1 tablespoon chili powder
1 tablespoon ketchup
1 tablespoon reduced sodium soy sauce or Bragg's Liquid Aminos
1 teaspoon minced garlic
1/8 teaspoon salt
1/8 teaspoon pepper
2 tablespoons olive oil



Mash beans in a medium sized bowl with fork or potato masher. Add remaining ingredients except oil and mash until thoroughly combined. Let the mixture sit for about five minutes to thicken.

Shape mixture into four patties (about 1/3 cup mixture each) and place on a plate. Refrigerate for one hour.

Heat oil in a large skillet over medium heat. Add the patties and cook, undisturbed, until browned on one side (about 6-8 minutes). Turn carefully with a spatula and cook an additional 3-5 minutes.

Serve on a whole wheat bun with preferred toppings.

Adapted from How to Cook Everything Vegetarian by Mark Bittman

Nutrition info (per 1/4 recipe, not including bun): 206 calories, 8g fat, 170mg sodium, 28g carb, 9.4g fiber, 7.5g protein. Good source of vitamins A, iron, and calcium.



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