Michigan

Black Bean Burgers

Featured Food: Black Beans

Makes: 4 burgers

Ingredients

- 1 can low-sodium black beans, drained and rinsed (15.5 ounces)
- 1 large egg
- ½ cup cooked brown rice
- 2 scallions (about ¼ cup)
- 2 tablespoons chopped fresh cilantro (or basil leaves or a combination)
- 1 clove garlic, minced
- ¼ teaspoon dried oregano or basil
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon oil
- 4 whole-wheat buns

Directions

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.

2. Add precooked rice, scallions, garlic, oregano, salt, and black pepper and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about ¾ to 1 inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4-5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun.

Notes

- Use old-fashioned rolled oats, leftover cooked barley or Panko breadcrumbs instead of prepared rice.
- Serve with your favorite toppings such as lettuce, tomato, guacamole, salsa, cheese, or yogurt.

###

USDA is an equal opportunity provider, employer, and lender.