BLACK BEAN BURGER

Ingredients:

- 2 cups canned reduced-sodium black beans, rinsed and drained
- 1 cup panko crumbs
- 1 small yellow onion, grated
- 1 large organic egg
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- salt and fresh ground black pepper, to taste
- 2T of your favorite oil
- 4 slices cheese (pick your fave)
- mayonnaise, optional, for serving
- burger buns, OR, use Bibb lettuce leaves, for serving
- lettuce, for serving
- tomatoes, for serving



Directions:

1. Transfer black beans to a mixing bowl and mash with a fork or a potato masher until mushy, but still have some whole bean pieces.
2. To the bean mixture, add panko crumbs, onion, egg, Italian seasoning, garlic powder, onion powder, chili powder, ground cumin, salt, and pepper; mix until well combined. If mixture is dry, stir in a bit of water.
3. Set mixture aside for 5 to 10 minutes.
4. Preheat a large cast iron skillet over medium-high heat.
5. Add oil and swirl it around.
6. Divide the bean mixture into 4 equal balls and shape each ball into a patty.
7. Transfer patties to the hot oil and cook for 4 minutes per side, or until browned.
8. Add a slice of cheese on top of each burger and cook for a minute longer, or until cheese is melted.
9. Serve black bean burgers on toasted buns or Bibb lettuce leaves with mayonnaise, lettuce, and tomatoes.
10. Makes 4 servings.

NUTRITION PER SERVING:

Calories 296, Fat 14g, Sat Fat 10g, Chol 54mg, Sodium 628mg, Carbs 29g, Fiber 7g, Sugar 2g, Protein 14g

Reference: https://diethood.com/