



Black Bean Burgers

Hands on Time: 20 minutes

Makes: 4 burgers

Kitchen Gear

Electric skillet
Spatula
Stirring spoon
2 Mixing bowls
1 Small bowl
Colander
Food processor
Grater

Ingredients

100% Whole Wheat Burger Buns
1/2 to 1 teaspoon Chopped Garlic
2 cans of low sodium Black Beans
1 1/2 teaspoon Oregano
2 Eggs
Lettuce
4 Tomatoes, sliced
2 teaspoons of Lime rind
2 1/4 teaspoons of Chili powder
Salt and Pepper to taste

Instructions

1. Put 1 burger bun per can of black beans (or 2 mini-buns per can) into food processor and process to make crumbs. Then add into mixing bowl.
2. Mince garlic and measure out 1 tablespoon and add into food processor. Add in drained and rinsed black beans, oregano, and 1 tablespoons of olive oil to food processor. Grind till beans make a thick paste. Scrape bean mixture into mixing bowl.
3. Using grater, grate outer skin of limes (try not to grate so much of the white layer), and measure out 1 teaspoons and add into mixture.
4. Lightly beat 2 eggs in separate mixing bowl, and add to mixture.
5. Add in chili powder, and mix all ingredients together.
6. Add olive oil to heated skillet, and spoon in mixture to form patties on skillet (3x3 inches). Shape patty into circular form, and flip when edges begin to turn crisp and brown.
7. Serve burger on a bun with lettuce and tomato.

**Try using Whole wheat
burger buns and
different toppings, like
salsa, or guacamole!**