



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

HOMEMADE BLACK BEAN VEGGIE BURGERS

Allrecipes.com

Makes 4

Ingredients:

- 1 (16 ounce) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 Cloves of garlic, peeled
- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce
- ½ cup of bread crumbs

Preparation:

- 1 If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
- 2 In medium bowl, mash black beans with a fork until thick and pasty.
- 3 In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
- 4 In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
- 5 Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
- 6 If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Calories: 198; Total fat: 3g; Cholesterol: 53 mg; Sodium: 607 mg; Total Carbs: 33.1g; Dietary Fiber: 9.8g; Protein: 11.2g