

Black Bean Burgers

This yummy black bean burger recipe holds its own at a cookout or dinner next to any meat dish!

Recipe by Rebecca Silverman

Makes 4 servings

Price Per Serving: \$1.03

Prep Time: 30 minutes | Cook Time: 8 minutes



- 1 15oz can of black beans washed and drained
- 2 tsp dried parsley
- 3 tsp chopped onions
- 1 carrot grated
- 1 tsp sea salt
- 1/2 tsp cumin
- 1 tsp chili powder
- 1 tsp minced garlic
- 1/3 cup flour

Mash the beans halfway. Add the rest of ingredients except the flour and mix until incorporated. Add flour, mix, and form the mixture into 4 patties. Heat skillet to medium-high (use a little oil if you are not using a nonstick pan). Cook each party for 4 minutes per side until crisp on outside.

Nutrition Facts	
Serving Size 140 g	
Amount Per Serving	
Calories 190	Calories from Fat 7
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 851mg	35%
Total Carbohydrate 36g	12%
Dietary Fiber 10g	41%
Sugars 1g	
Protein 11g	
Vitamin A 65%	• Vitamin C 4%
Calcium 5%	• Iron 18%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	