

# Black Bean Burgers


 **WIC APPROVED FOOD**

SERVES: 4


## Ingredients

 2 - 15oz Cans black beans

1 Cup breadcrumbs

 WIC Approved substitute: Whole wheat bread, Lay bread slices on a baking sheet and bake at 300°F for 12 minutes, flipping the bread over halfway through the cooking time. Let cool on a wire rack, cut into strips and Grate the pieces using the small holes on a grater. Brown Rice cook according to package directions and let completely cool before adding.

 1/4 cup grated or diced onion

 1 large egg


1/4 tsp chilli power


1/4 tsp seasoning salt

1/4tsp garlic powder


1/4 tsp kosher salt or table salt

1/4 tsp pepper

 Whole Wheat Buns

 Cheese

 Lettuce

 Tomatoes

Any toppings you like such as ketchup, mustard, mayo, we love mixing hot sauce in our mayo, add what your family enjoys!

## Directions

1. Drain and rinse beans.
2. Place beans in a medium bowl and mash until they are mushy but still have some whole bean pieces throughout.
3. Add the rest of the ingredients to the beans and mix.
4. Add a splash of water if the mixture looks dry. Set aside for 5 minutes.
5. Preheat a large skillet over medium-high heat and a few drops of oil or spray with nonstick cooking spray.
6. Divide the bean mixture into 4 equal balls and form into nice, neat patties. Keep in mind black bean burgers do not shrink when cooked.
7. Cook burgers for about 5 minutes on each side. Add your cheese of choice and cover until cheese is melted, about 2 minutes.
8. Add burgers to buns and top with any desired toppings such as; lettuce, tomatoes, ketchup, mayo, mustard.



## Notes

- Feel free adjust recipe spices to your taste
- Even when we have regular ground beef or venison burgers we like to add a can of mashed black beans. Its adds nutrition and makes more servings without the expensive cost.