



BLACK BEAN BURGER



0hr 20min



4

INGREDIENTS

- 1 can (15 oz.) black beans
- 1/2 cup cooked rice
- 1 egg
- 1/3 white or purple onion, chopped
- 2 tbsp cilantro
- 2 scallions, chopped
- season to your liking with oregano or basil, garlic, salt, and black pepper
- 4 whole wheat buns

DIRECTIONS

1. Mash the beans in a bowl with a fork.
2. Mix in the egg, followed by the rice, scallions, herbs and seasoning.
3. Divide the mixture into 4 portions and make them into patties.
4. Lightly oil the pan and once hot, cook each patty on both sides until browned (about 2 minutes on each side).
5. Serve on bread or buns with your preferred toppings.

Recipe source: <https://www.myplate.gov/recipes/myplate-cnpp/black-bean-burgers>