

Black Bean Burgers



Ingredients

2 cans black beans (15 oz) no salt added, rinsed and drained	2 cups whole wheat bread crumbs
4 Tbsp chia seeds, mix with 3/4 cup water, let set 15 min	1 tsp hot sauce, optional
1 yellow onion, chopped	2 Tbsp olive oil
2 cloves garlic, minced	12 whole wheat hamburger buns
2 tsp dried oregano	12 green leaf lettuce leaves
2 tsp dried basil	3 tomatoes, sliced
1 tsp black pepper	1 red onion, sliced

Instructions

In food processor, blend beans, chia seed/water mixture, onion, and garlic.

Transfer to bowl and add oregano, basil, black pepper, bread crumbs and hot sauce if using. Mix well to combine then shape into 12 patties.

Heat oil in large skillet over medium heat. Arrange patties in a single layer and cook, flipping once, until golden brown on both sides and cooked through, about 10 minutes.

Transfer to buns and top with condiments.

Nutrition Information Per Serving

Serving Size: 1 bean burger

12 servings

Calories: 280

Fat: 6 gm

Sodium: 270 gm

Fiber: 11 gm

Carbohydrates: 47 gm

Protein: 11 gm

Sugars: 6 gm