

Black Bean Burgers



Ingredients

1 can black beans (15 oz) no salt added, rinsed and drained	1 cup whole wheat bread crumbs
2 Tbsp chia seeds, mix with 1/3 cup water, let set 15 min	1/2 tsp hot sauce, optional
1/2 yellow onion, chopped	1 Tbsp olive oil
1 clove garlic, minced	6 whole wheat hamburger buns
1 tsp dried oregano	6 green leaf lettuce leaves
1 tsp dried basil	2 tomatoes, sliced
1/2 tsp black pepper	1/2 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 6 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

6 servings

Calories: 280

Fat: 6 gm

Sodium: 270 mg

Fiber: 11 gm

Carbohydrates: 47 gm

Protein: 11 gm

Sugars: 6 gm