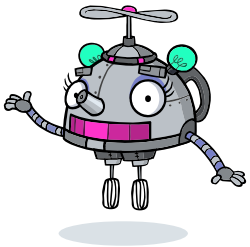
SHOPPING LIST

Black Bean Burger

- ◯ Black Beans
- ◯ Panko Bread Crumbs
- ◯ Eggs
- ◯ Scallions
- ◯ Cilantro
- ◯ Garlic
- ◯ Ground Cumin
- ◯ Dried Oregano
- ◯ Kosher Salt
- ◯ Black Pepper
- ◯ Olive Oil

First, check off the items you already have at home.



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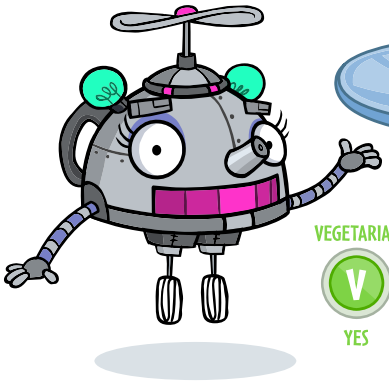
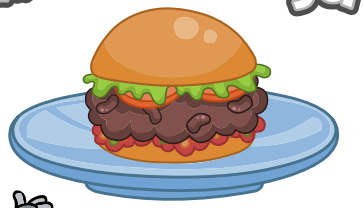
DINNER

Black Bean Burger





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
YES	Less than 1 hour	Hard	6 oz. burgers

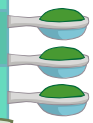
YOU WILL NEED

2 (16 ounce cans) black beans, drained and rinsed

½ cup Panko bread crumbs

2 large eggs, lightly beaten

2 scallions, minced



3 tablespoons chopped cilantro

2 garlic cloves, minced

1 teaspoon ground cumin

½ teaspoon dried oregano

1 teaspoon kosher salt

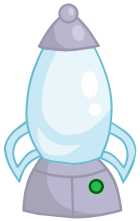
½ teaspoon black pepper

1 tablespoon olive oil

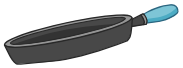
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

These burgers can be served with any of the following: Lettuce, tomato, guacamole, salsa, jack cheese, lime wedges, plain yogurt, or sour cream.



STEP 1: Place 2 cups of the black beans in the bowl of a food processor and pulse until chunky. Transfer the processed beans to a large mixing bowl, and add the whole black beans, breadcrumbs, eggs, scallions, cilantro, garlic, cumin, and oregano and mix until well combined. Divide the mixture into 4 patties, ¾- 1 inch thick. Sprinkle the patties with the salt and pepper.



STEP 2: Heat a 12-inch nonstick skillet over medium-high heat; once hot, add the oil. Cook until well browned on both sides and heated throughout, 8 to 10 minutes. Serve.

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Nutrition Facts

Serving Size 1 burger (249g)
Servings Per Container 4

Amount Per Serving		
Calories 290	Calories from Fat 70	
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 110mg		37%
Sodium 1220mg		51%
Total Carbohydrate 37g		12%
Dietary Fiber 11g		44%
Sugars 1g		
Protein 16g		
Vitamin A 6% • Vitamin C 4%		
Calcium 10% • Iron 30%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4