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Homemade Black Bean Burgers

These easy-to-assemble burgers can be shaped ahead of time and cooked off when you're ready to eat.



Ingredients:

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 egg
- yellow onion, chopped
- 1 cup whole wheat bread crumbs

- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder or granules
- Salt and pepper to taste
- Hot sauce to taste
- 1 tablespoon extra-virgin olive or canola oil
- 6 whole wheat hamburger buns
- 6 green leaf lettuce leaves
- 2 tomatoes, sliced
- 1/2 small red onion, thinly sliced

Method:

Put beans in a large bowl and mash well with a fork. Add egg, yellow onion, bread crumbs, oregano, basil, garlic powder, salt, pepper and hot sauce. Mix well to combine then shape into 6 patties.

Heat oil in a large skillet over medium heat. Arrange patties in a single layer (working in batches, if needed) and cook, flipping once, until golden brown on both sides and cooked through, about 10 minutes total. Transfer to buns, top with lettuce, tomatoes and red onions and serve.

Nutritional Info:

Per Serving: 290 calories (70 from fat), 7g total fat, 1g saturated fat, 35mg cholesterol, 450mg sodium, 47g carbohydrate (10g dietary fiber, 7g sugar), 12g protein

Special Diets:

- [Dairy Free](#) [1]
- [Vegetarian](#) [2]
- [High Fiber](#) [3]

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#). [4]

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