

Butter Bean Burgers



Submitted by: SILVERWOLF
Rated: 4 out of 5 by 103 members

Prep Time: 15 Minutes
Cook Time: 10 Minutes

Ready In: 25 Minutes
Yields: 4 servings

"Butter beans mashed and combined with onion, jalapeno pepper, cracker crumbs, egg, and cheese, then shaped and fried into vegetarian burgers. You can substitute bell pepper for the jalapenos for a milder taste."

INGREDIENTS:

1 (15 ounce) can butter beans, drained
 1 small onion, chopped
 1 tablespoon finely chopped jalapeno pepper
 6 saltine crackers, crushed

1 egg, beaten
 1/2 cup shredded Cheddar cheese
 1/4 teaspoon garlic powder
 salt and pepper to taste
 1/4 cup vegetable oil

DIRECTIONS:

1. In a medium bowl, mash butter beans. Mix in onion, jalapeno pepper, crushed crackers, egg, cheese, garlic powder, salt, and pepper. Divide into 4 equal parts, and shape into patties.
2. Heat oil in a large skillet over medium-high heat; use more or less oil to reach 1/4 inch in depth. Fry patties until golden, about 5 minutes on each side.

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Can replace with 1/4 cup bread crumbs.

← About 1/2 tsp. salt and 1/8 tsp. pepper

← can spoon into pan and shape into patties.

* Tastes good with Monterey Jack cheese and pesto sauce,
 * Can use black beans instead of butter beans.