



# Vegetarian Recipe

## Black Bean Burgers

### Ingredients:

- 2 cans of low-sodium black beans
- ¼ cup grated white onion
- 1 egg
- ½ cup grated carrots
- ½ cup whole-wheat breadcrumbs
- ½ tsp chili powder
- ½ tsp paprika
- ½ tsp garlic powder
- 1 tsp siracha sauce
- sea salt and pepper
- 1-2 TBSP olive oil, for cooking burgers



### Directions:

1. Mash black beans with a fork in a medium bowl.
2. Next, add breadcrumbs, seasonings, sriracha, onion, carrots, breadcrumbs, and egg and mix well.
3. Form mixture into 4 patties.
4. Heat olive oil in skillet on medium high heat and cook burgers one by one for about 5 minutes per side or until cooked through.

**Serves: 4**

**\*Serve on top a bed of greens rather than a hamburger bun. These burgers are great to make ahead of time and freeze for later use.**

*Photo from: <http://delectable-victuals.blogspot.com/2010/10/black-beans-and-brown-rice-patties.html>*

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