

HOMEMADE BLACK BEAN VEGGIE BURGERS



Ingredients

1 16 Ounce Can Black Beans,
Drained and Rinsed

½ Green Bell Pepper,
Finely Chopped

½ Onion, Finely Chopped

3 Cloves Garlic,
Peeled and Minced

2 Large Eggs

1 Tablespoon Chili Powder

1 Tablespoon Cumin

½ Cup Bread Crumbs

Directions

1. Preheat oven to 375° F.
2. In a medium bowl, mash black beans with a fork until thick and pasty. Stir in bell pepper, onion, and garlic.
3. In a small bowl, stir together eggs, chili powder, and cumin.
4. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together.
5. Divide mixture into four patties.
6. Place patties on baking sheet, and bake about 10 minutes on each side.

YIELD:
4 BURGERS

Crediting

Provides a Meat/Meat Alternate at Lunch/Supper:

Toddler
½ Burger

Preschool
1 Burger

School Age
1 Burger

Adult
1 Burger