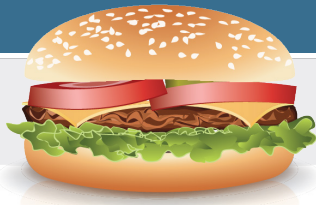


BLACK BEAN BURGER



June 5

National Veggie Burger Day

INGREDIENTS

- 1 Ounce Can Black Beans (drained and rinsed)
- ½ Green Bell Pepper (cut into 2 inch pieces)
- ½ Onion (cut into wedges)
- 3 Cloves Garlic (peeled)
- 1 Egg
- 1 Tablespoon Chili Powder
- 1 Tablespoon Cumin
- ½ Cup Bread Crumbs
- 4 - 1 Ounce Slices Cheese

DIRECTIONS

1. Preheat oven to 375° and lightly oil a sheet of aluminum foil with cooking spray.
2. Mash black beans in a medium bowl with a fork until thick and pasty.
3. Finely chop bell pepper, onion, and garlic in a food processor. Stir chopped vegetables into mashed beans.
4. Stir together egg, chili powder and cumin in a small bowl. Add to the mashed beans and stir to combine. Mix in bread crumbs until the mixture is sticky and holds together.
5. Divide the mixture into four patties and place on the prepared foil.
6. Bake for 10 minutes on each side, 20 minutes total. Place cheese on top while burgers are warm so cheese melts.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

4 Burgers

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burger	1 Burger	1 Burger	1 Burger