

Black Bean Burger

Serves: 4 | Serving Size: 1 patty

Ingredients Needed:

- 1 can black beans, drained and rinsed
- 1 egg, beaten
- 1/2 cup bread crumbs
- 1 tablespoon dried minced onion
- 1 teaspoon garlic powder
- 1 tablespoon vegetable oil



Directions:

1. Preheat the oven to 350°F.
2. Mash drained and rinsed black beans with a fork or potato masher.

3. Stir mashed beans, egg, bread crumbs, dried onion, garlic powder, and oil together until combined.
4. Shape into 4 equal-sized patties, then wash hands.
5. Bake patties for 10-15 minutes, flipping halfway through.
6. Heat a skillet over medium heat, and spray with nonstick cooking spray.
7. Place baked patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side, then flip patties and cook for 4 more minutes on the other side.

Variations:

- Serve with your favorite burger toppings