

BLACK BEAN BURGERS

INGREDIENTS:

- 1/4 cup olive oil, divided
- 1 small sweet onion, diced
- 4 garlic cloves, minced
- 2 tablespoons cumin
- 3 cups cooked or canned black beans, drained and rinsed
- 1 teaspoon salt
- Ground black pepper to taste
- 2 cups sweet potatoes, peeled and grated
- 2 large eggs, slightly beaten
- 3/4 cup + extra breadcrumbs, toasted

DIRECTIONS:

1. Preheat oven to 450°F.
2. Heat 2 tablespoons of olive oil in a skillet. Cook onion, garlic, and cumin until fragrant, about 2 minutes.
3. Transfer contents of skillet to a large bowl. Stir in 2 cups of the black beans and mash. Season with salt and pepper to taste.
4. Mix in sweet potatoes, eggs, remaining 1 cup of black beans, and the 3/4 cup bread crumbs. Mix just to combine.
5. Chill the mixture for 30 minutes. Lightly grease a baking sheet with the remaining 2 tablespoons of olive oil.
6. Divide the mixture into 8 balls, and flatten into patties.
7. Dip the patties into the extra bread crumbs to lightly coat, and place the patties on the baking sheet.
8. Roast the bean cakes in the oven for 10 minutes, or until the cakes are heated through and start to lightly brown.

Nutrition Facts

Serving Size 1 patty (157g)
Servings Per Container 8

Amount Per Serving

Calories 220 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 410mg **17%**

Total Carbohydrate 32g **11%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 10g

Vitamin A 50% • **Vitamin C 4%**

Calcium 8% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

