

Black Bean Burgers

GracefulTouch.org/blog/Free-Gift

Pampered Chef
Independent Consultant

See, Share
& Explore

Our Free Recipe Book

Please Like our FB Healthy Kitchen Page @ www.facebook.com/GTHealthyKitchen/



Method

Ingredients

1 can (15 oz./398 mL) black beans, drained and rinsed
6–8 scoops Enrichables™ Super Veggie
1 egg
1 cup (250 mL) corn
½ cup (125 mL) brown rice, cooked
⅓ cup (75 mL) plain breadcrumbs
1 tbsp (15 mL) Tex-Mex Rub (or any other rub or seasoning)
1 tbsp (15 mL) oil
4 buns

Optional: Avocado slices, tomato slices, lettuce, or hot sauce

Process the beans, Enrichables™, and egg in the Manual Food Processor until the beans are mashed and all the ingredients are combined.

Transfer the bean mixture to a medium bowl. Add corn, rice, breadcrumbs, and rub. Mix well.

Heat the oil in a large skillet or grill pan over medium heat for 1–3 minutes.

Form about ⅓ cup (75 mL) of the mixture into a patty. Repeat for the rest of the mixture.

Cook the patties for 4–6 minutes per side, or until well-browned.

Serve the patties in the buns. If you'd like, serve with avocado, tomato, lettuce, or hot sauce.

Yield:

6 servings

Cook's Tips:

You can use any rub you'd like. Our Tex-Mex Rub pairs well with the beans and the corn! To help the patties keep their shape, chill the mixture for 15–20 minutes before forming.



Call: +1 605-574-1998

Graceful
Touch
Helping Heart Healthy Manage
4.9 ★★★★★
247 Google reviews
1220 Mt Rushmore
Rd # 1, Rapid City, SD
57701, United States