



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Black Bean Burgers

Makes: 24 Servings

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Ingredients	Weight	Measure
Black beans, canned	8 lb	
Onion, finely diced		1 cup
Red bell pepper, finely diced		1 cup
Cumin		1 tsp
Whole-wheat bread crumbs		2 cups
Salt and pepper		to taste
Vegetable bouillon cubes		2

Directions

1. Drain and rinse beans; mash with onion, red pepper, cumin, breadcrumbs, salt and pepper. Do not overmash.
2. Dissolve vegetable bouillon cubes in 1/2 cup water; add to bean mixture. Add more water if necessary to make mixture just soft enough to form patties.
3. Shape into 5-ounce patties; cover and refrigerate 1 hour.
4. Spray each patty with vegetable cooking spray; grill until hot through, turning once.

Notes

Serving Tips:

Serve on a bun with guacamole or avocado slices, sour cream and salsa.

My Notes

Source: Idaho Bean Commission

Nutrition Information

Nutrients	Amount
Calories	157
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	543 mg
Total Carbohydrate	27 g
Dietary Fiber	9 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available