

Black Bean Burgers

August 2025 Recipe

Makes: 4 servings



Ingredients

- 15.5 oz low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- ½ cup cooked brown rice
- 2 scallions (green and white, minced about ¼ cup)
- 2 Tbsp. chopped fresh cilantro (or basil or a combination)
- 1 clove garlic (peeled and minced)
- ¼ tsp. dried oregano or basil
- 1 tsp. vegetable oil
- ½ tsp. salt
- ½ tsp. black pepper
- 4 whole-wheat buns

Directions

1. Add the beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add the precooked rice, scallions, garlic, oregano, salt and black pepper and mix until well combined.
3. Divide the mixture into four portions and form each portion into a patty about ¾- to 1-inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add the oil. Add the burgers and cook for 4 to 5 minutes per side until browned on both sides and heated throughout.
5. Place on a whole wheat bun.

Nutritional information for 1 serving

Calories	274
Total fat	5 g
Saturated fat	1 g
Cholesterol	53 mg
Sodium	668 mg
Carbohydrate	47 g
Dietary fiber	12 g
Total sugars	4 g
Added sugars included	3 g
Protein	13 g

Source: MyPlate

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