

Black Bean Veggie Patties

Just Say *Yes* to Fruits and Vegetables

Try these delicious veggie patties as a healthy burger substitute!



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Black Bean Veggie Patties

Serves 7 ▪ Serving: 1 Patty

Just Say Yes to Fruits and Vegetables

Black beans are a great source of fiber, which helps digestion!

Ingredients:

- 2 cups cooked and mashed black beans
- ½ finely chopped green pepper
- ½ finely chopped onion
- 3 minced garlic cloves
- 1 egg
- 1 tablespoon chili powder
- 1½ teaspoons cumin (optional)
- ½ teaspoon hot sauce (optional)
- ½ cup bread crumbs
- Salt and pepper

Directions:

1. In a large bowl, mix mashed black beans, green pepper, onion, and garlic.
2. In a small bowl, mix egg, chili powder, cumin, and hot sauce. Add to large bowl and mix.
3. Add bread crumbs, salt, and pepper, and mix well.
4. To make 1 patty, lightly pack mixture in ⅓ cup measuring cup. Take mixture out of cup and form into a patty or burger shape. Repeat to make the other patties.
5. Spray frying pan with non-stick cooking spray. Cook patties over medium heat for 5 minutes on each side.** Serve and enjoy!
6. Refrigerate leftovers.

****The temperature of the patties must reach 160° F in the center to be sure the egg has been properly cooked.**

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