



EATING SMART
BEING ACTIVE

SPEND SMART. EAT SMART.

Black Bean Burgers

Serves: 4 Cost/Serving: \$0,27 Serving Size: 1 burger

INGREDIENTS

- 1 can low sodium black beans (drained and rinsed)
- 1 egg, beaten
- 1/2 cup bread crumbs
- 1/4 cup onion, minced
- 1/4 teaspoon pepper
- 1 tablespoon oil
- Optional** cheese slices, lettuce leaves, mushrooms, onion, tomato, whole wheat bread or hamburger buns

INSTRUCTIONS

- 1 Mash beans with a fork.
- 2 Stir mashed beans, egg, bread crumbs, onion, pepper, and oil together until combined. Shape into 4 inch patties. Wash hands.
- 3 Heat a skillet over medium heat. Spray with nonstick cooking spray.
- 4 Place patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side. Flip patties and cook for 4 more minutes on the other side.
- 5 Serve with optional ingredients.

TIPS

Heat up the grill and cook these burgers outside when the weather is nice.

IOWA STATE UNIVERSITY
Extension and Outreach

Nutrition Facts	
4 servings per recipe	
Serving Size: 1 burger	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 260mg	11%
Total Carbohydrates 28g	9%
Dietary Fiber 8g	32%
Total Sugars 2g	
Added Sugars	NA*
Protein 10g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 3mg	15%
Potassium 383mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	



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