

Black Bean Burgers

Adapted from *CookingLight.com*

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Main dish

SERVES: 4

PREP/COOK TIME: 30 minutes

TOTAL TIME: 60 minutes



INGREDIENTS

- 1 can (15-oz.) black beans, drained
- 1 cup dried bread crumbs (or stuffing mix)
- 3/4 teaspoon ground cumin (or spice of your choice)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 large egg, lightly beaten
- 2 tablespoons vegetable oil
- 2 ounces sliced cheese
- 1/2 cup fresh refrigerated *pico de gallo* (or favorite topping), optional
- 4 lettuce leaves

DIRECTIONS

1. Place beans in a large bowl; mash with a fork. Stir breadcrumbs, cumin, and next 4 ingredients (through egg) into beans. Refrigerate 30 minutes.
2. Divide and shape bean mixture into four (1-inch thick) patties. Heat oil in a large skillet over medium-high heat. Add patties to pan; cook 4 minutes on each side or until browned.
3. Divide cheese evenly among patties; cook 1 minute or until cheese melts. Serve patties topped with *pico de gallo* (or favorite topping), and lettuce.



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