

Black Bean Burgers



Ingredients:

- 2 – 14 ounce cans black beans
- 1 cup plain breadcrumbs
- 2 large eggs, lightly beaten
- 1 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/4 cup canola oil

Directions:

1. Drain 1 can of beans, saving the liquid. Mash the beans in a medium bowl.
2. Drain the second can and add to the bowl, along with the breadcrumbs, eggs, pepper, and garlic powder.
3. Divide into 6 equal patties.
4. Heat 1/4 cup canola oil in a large skillet. Add the patties and cook about 6 minutes, turning only once.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>