

Black Bean Veggie Patties



INGREDIENTS:

- 1½ cans (15.5 oz. each) no salt added black beans, drained, rinsed and mashed
- 1/2 green pepper, finely chopped
- 1/2 onion, finely chopped
- 3 garlic cloves, minced
- 1 egg
- 1 Tablespoon chili powder
- 1/2 cup bread crumbs
- Salt and pepper to taste
- OPTIONAL: 1½ teaspoons cumin
- OPTIONAL: 1/2 teaspoon hot sauce

EQUIPMENT NEEDED:

- Large bowl
- Small bowl
- Measuring cups and spoons
- Large pan
- Spatula
- Knife
- Cutting board
- Can opener
- Colander
- Fork

DIRECTIONS:

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. In a colander, drain and rinse black beans. Measure out 2 cups (approx 1½ cans).
2. Rinse and dry green pepper. Cut around the stem then pull to remove it. Cut the pepper in half lengthwise and remove the core and seeds, and finely chop one half of the pepper.
3. Cut the onion in half. Remove the skin and finely chop one half of the onion.
4. Peel and mince the garlic.
5. In a small bowl, add egg and chili powder. If using optional ingredients, add cumin and hot sauce. Use fork to combine.
6. In a large bowl, add beans and mash.
7. Add green pepper, onion and garlic to the bowl with beans and mix well.
8. Add egg/spice mixture and bread crumbs to the large bowl and stir to combine.
9. Add salt and pepper to taste.
10. To make 1 patty, lightly pack some of the mixture to fill 1/3 cup measuring cup. Take mixture out of cup and form into a patty or burger shape. Repeat to make the other 4 patties.
11. Spray pan lightly with non-stick cooking spray. Heat over medium-high heat. Cook patties for 5 minutes on each side.*
12. Refrigerate leftovers within 2 hours.

*The temperature of the patties must reach 165° F in the center to be sure the egg has been properly cooked.



Serving size 123g
Calories 120

Amount per serving	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 7g	
Vitamin D 1mcg	0%
Calcium 41mg	4%
Iron 2mg	10%
Potassium 331mg	8%

*The % Daily Value 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.



A Healthy Bite

Eat beans for a good source of fiber, protein, iron, and vitamin B.



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Adapted from jsyfruitveggies.org