



Black Bean Patties

SERVING: 1 PATTY
YIELD: 7

PREP TIME: 5 MIN
TOTAL TIME: 40MIN

Ingredients

- 2 (14 oz) cans Black Beans No Salt Added, drained and rinsed
- Cooking Oil Spray
- 3/4 cup Green Bell Pepper, finely chopped
- 1 cup Yellow Onion, finely chopped
- 1 tbsp Minced Garlic
- 1 tsp Ground Cumin
- 1 tsp Chili Powder
- 1/2 tsp Celery Salt
- 1/2 tsp Smoked Paprika
- 1/2 cup Panko (bread crumbs)
- 1/2 cup Feta Cheese, crumbled
- 2 large Eggs, beaten
- 1 tbsp Worcestershire sauce
- 2 tbsp Ketchup

4 Ways to Serve Black Bean Patties

1. Whole wheat bun with all your favorite vegetable toppings.

2. Salad packed with lots of fresh vegetables.

3. Whole wheat wraps surrounded by fresh vegetables.

4. Two Tacos with warmed corn tortillas, vegetable toppings and a spicy salsa.

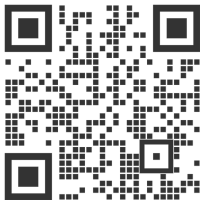
Directions

- 1.Preheat oven to 325°F (163°C). Spread drained and rinsed beans evenly onto a lined baking sheet and bake for 15 minutes.
- 2.Meanwhile, sauté chopped pepper, onion, and garlic over medium heat for about 5-6 minutes. Place in a large bowl with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, 1/2 CUP bread crumbs, cheese, eggs, Worcestershire, ketchup, and BBQ. Stir or pulse everything together, then add the black beans. Mash all together leaving some larger chunks of beans.
- 3.Form into even patties; about 1/2 cup of mixture in each. Use Panko on on your hands to prevent sticking for each patty IF NEEDED.
- 4.Place patties on a parchment paper lined baking sheet and bake at 400°F for 10 minutes on each side, 20 minutes total. To grill: Place patties on greased aluminum foil and grill 8 minutes on each side.
- 5.Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.

Nutrition Facts	
7 servings per container	
Serving size	1 patty (0.0g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 310mg	13%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1.5mg	8%
Potassium 200mg	4%
* 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.	

*Recipe adapted from
sallysbakingaddiction.com

*Cost information includes
lower cost ingredients found at
local grocery store 05/01/23.



Cost Per Recipe	Cost Per Serving
\$4.25	\$0.67



Nutrition Facts	
12 servings per container	
Serving size	1 slice (19g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0.1mcg	0%
Calcium 140mg	10%
Iron 0.1mg	0%
Potassium 20mg	0%
* 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.	
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4



Nutrition Facts	
6 servings per container	
Serving size	1 bun (50g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 5g	
Vit. D 0mcg 0%	Calcium 20mg 0%
Iron 2mg 10%	Potas. 130mg 2%
*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.	
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