

Vegetarian Burgers

Preparation time **20 minutes**

Cooking time **15 minutes**

Servings **4**

Cost per serving **\$1.20**

Storage **The patties will keep for 3 days in the fridge and can be frozen.**

Kitchen tools **Can opener, colander, cutting board, sharp knife, measuring cups and spoons, large bowl, fork, large frying pan, spatula.**



Ingredients



1 can (540 ml) **black beans**, drained and rinsed



1 small **yellow onion**, peeled and finely chopped



2 **garlic** cloves, peeled and minced



125 ml (½ cup) **bread crumbs**



1 **egg**



15 ml (1 tbsp) **chili powder**



5 ml (1 tsp) **ground cumin**



30 ml (2 tbsp) **ketchup**



Salt and pepper to taste

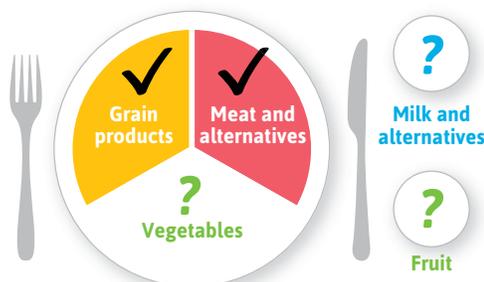


15 ml (1 tbsp) **canola oil**



4 **hamburger buns** (plain or toasted)

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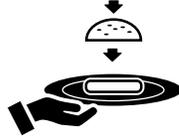


Balanced plate

Serve with:

- ? Vegetables (salad or raw vegetables, for example and a fruit)
- ? A glass of milk or fortified soy beverage

Directions

1	Mash the black beans coarsely in a large bowl with a fork (or a potato masher).	
2	Add the onion, garlic, bread crumbs, egg, chili powder, cumin, ketchup, salt and pepper . Using your hands, mix everything together until the ingredients are fully incorporated.	
3	Using your hands, make 4 patties about the size of your hamburger buns.	
4	Heat the oil in a large frying pan over medium heat. Add the patties and cook for about 6 minutes on each side, or until they are lightly browned. Tip: If all four patties can't fit into the pan at once, cook them in 2 batches.	
5	Serve in hamburger buns with your choice of toppings (mustard, ketchup, relish, pickles, lettuce, tomatoes, onions, etc.).	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition