

Black Bean & Mushroom Burgers

Makes 8 servings



INGREDIENTS

2 cups mushrooms, chopped
1 can low-sodium black beans, drained and rinsed
1 cup broccoli, minced
½ cup red onion, minced
3 eggs, beaten
2 slices of wheat bread (or 2/3 cup panko breadcrumbs)
1 tsp garlic powder
½ tsp black pepper
1 tsp Worcestershire sauce
¼ cup parmesan cheese, shredded
2 tbsp olive oil

Process wheat bread until crumbs are created in a food processor. (This step can be omitted if using panko breadcrumbs).

Add ¾ of the black beans in a large bowl and mash them using a fork. Add the remaining can of beans, breadcrumbs, mushrooms, broccoli, onion, egg, garlic powder, black pepper, Worcestershire sauce, and parmesan cheese.

Shape veggie mixture into 8-3 inch patties.

Heat a medium non-stick skillet over medium heat and add olive oil. Place patties onto heated skillet and cook 3-5 minutes per side until golden brown on each side.

Serve with a whole grain bun or on top of fresh lettuce.

Enjoy!

Nutrition Facts Per Serving (1 patty)

Calories 187
Carbohydrates 22 g
Protein 10 g
Total Fat 7 g
Phosphorus 162 mg
Potassium 365 mg
Sodium 104 mg