

Chipotle Black Bean Burgers

Heart Health

Items Needed: food processor, saute pan, wooden spoon or spatula, baking sheet

Makes: 6 burgers

Ingredients:

- 2 cans of black beans, drained and rinsed
- 1 tsp olive oil
- 1 bell pepper, chopped
- ½ large red onion, chopped
- 2 cloves of garlic
- 1 chipotle and 1 tbsp of adobo sauce (canned chipotles)
- ½ cup breadcrumbs
- 1-2 eggs, depending on how easily the burgers come together
- Salt and Pepper to taste

Directions:

1. Preheat your oven to 400 degrees.
2. Rinse and drain the black beans, chop the peppers, onion and garlic to desired size.
3. Heat your saute pan over a medium flame, add a tsp of oil and let warm up for approximately 30 seconds. Add your peppers, onions and garlic to the pan and cook until slightly softened, remove from heat and set aside.
4. In a food processor, puree half the black beans until they begin to become creamy. Scrape out the puree into a mixing bowl, add remaining black beans, the sauteed veggies, chipotle, breadcrumbs and one egg.
5. If you feel like the mixture is too dry or not holding together well, add another egg to the mixture and continue to mix everything together.
6. Portion out onto a baking sheet either lined with parchment or an oiled sheet pan.
7. Bake for 10-15 minutes, flip burgers and bake for another 5-7 minutes.



Nutrition Information (per 1 burger):

Calories: 157 Fat: 3 g Carbs: 24.8 g Protein: 8.7 g Fiber: 7.5 g Sodium: 451 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarden>

