



Cheddar Black Bean Burgers

🕒 30 minutes 🍴 6 servings

Directions

1. Drain liquid from black beans and add to a medium mixing bowl. Use a stand mixer, hand mixer, or potato masher to smash beans until thick and creamy.
2. Into a separate bowl, grate zucchini using a box grater. Drain as much liquid from the zucchini, then use a paper towel or clean dish towel and press down on zucchini to remove more liquid. Add zucchini to beans and stir to combine.
3. Very finely dice 1/2 of the onion and add to bowl with beans. Add in cumin, chili powder, salt, egg, bread crumbs, and shredded cheddar cheese to beans. Stir until all ingredients are thoroughly combined and mixture sticks together.
4. Heat a large skillet or griddle over medium-high heat. Once hot, add oil and use a spatula to spread evenly over pan.
5. Spoon bean batter into hot skillet to form patties (similar to making pancakes). Use about 1/3 cup batter per patty and shape into a circle. Fry patties in skillet 3-4 minutes per side until starting to become crispy on outside, but not cooking so much that burger is dry and crumbly.
6. While burgers cook, slice remaining onion, tomato, and avocado into thin slices for serving. Serve on whole wheat buns or lettuce wrap with optional toppings, including ketchup, mustard, or mayonnaise as desired.

Ingredients

1 3/4 cup Black beans (no salt added; 14.5 oz can = 1 3/4 cup)
 1/2 Zucchini (small, grated, liquid pressed and drained)
 1/2 White onion (small, finely diced)
 1 tbsp Cumin
 1 tbsp Chili powder
 1/2 tsp Salt (omit if using beans canned w/ salt)
 1 Egg (small)
 1/2 cup Bread crumbs (sub GF bread crumbs or ground GF oats for Celiac-friendly)
 1/4 cup Shredded cheddar cheese
 1 tbsp Canola oil
 6 Hamburger bun (sub gluten-free buns for Celiac-friendly, lettuce wrap, or serve burgers "naked" without bun if desired)
 Toppings for black bean burgers as desired: tomato, avocado, or onion slices; ketchup, mustard, or mayo

Nutrition (estimate per serving)

Calories	286 kcal	Fat	8 g
Carbohydrates	36 g	Protein	13 g
Fiber	6 g	Sugar	5 g
Cholesterol	32 mg	Sodium	539 mg
Vitamin A	531 IU	Vitamin C	4 mg
Calcium	148 mg	Iron	4 mg

Notes

Total time: 30 35 min Prep time: 20 min | Cook time: 10-15 min

Serving Size 1 black bean burger

Pro Tip Double this recipe and freeze extra burgers for an easy vegetarian meal.

Cooking Equipment 2 mixing bowls | Potato masher or hand mixer | Cutting board | Chef's knife | Box grater | Large skillet or griddle | Paring knife

Leftovers Refrigerate in airtight container up to 5 days. Freeze up to several months.

Grate zucchini trim ends of zucchini but don't peel. Use fine side of cheese grater to shred zucchini.

Finely dice onion trim top and base off onion, then peel and discard tough outer layers. Slice in half lengthwise and lay cut (flat) side face down on cutting board. Slice into very thin wedges, about 1/8-inch thick, then turn a quarter-turn and dice very finely.

Thinly slice onion trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick.

Slice tomato with a paring knife, cut around stem and discard. Lay tomato on cutting board, stem-side facing down (to stabilize so it doesn't roll around). Use a chef's knife to cut tomato into thin slices, about 1/8-inch thick.

Slice avocado Cut avocado in half lengthwise around pit; remove pit and discard. Hold avocado in non-dominant hand with flesh facing up. Use a paring knife to cut flesh into slices inside shell; avoid cutting through skin. Scoop out slices from shell using a spoon.

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