

# MAKE A GREAT PLATE.

Portobellos and bread crumbs add texture to meatless patties.

## Black Bean Burgers

### INGREDIENTS

1 can (15 oz.) no salt-added **black beans**

1 cup **portobello mushrooms**, chopped

½ **onion**, diced

2 cloves **garlic**, minced

1 large **egg**

1 cup whole-grain **panko**

**bread crumbs**, divided

1 tsp Montreal **steak spice**

**Oil** for frying pan



### DIRECTIONS

**In** food processor, blend black beans, mushrooms, onion, garlic, egg, ½ cup bread crumbs and steak spice for about one minute. **Form** mixture into 12 patties, about ¼ cup each. **Spread** remaining ½ cup bread crumbs on plate. **Coat** both sides of patties in bread crumbs. **Place** nonstick pan over medium heat and add about 1 tbsp oil. **Add** patties to hot pan and grill for 6–8 minutes per side. **Continue** until mixture is used up, adding oil as needed. (**Optional:** Serve topped with sliced tomato and avocado.)

**Makes 12 patties. Each:** 94 calories | 5g protein | 2g total fat | 14g carbohydrate | 1g sugar | 5g fiber | 129mg sodium