



Southwest Black Bean and Rice Burgers

INGREDIENTS:

- ½ cup leftover brown rice
- 1 14 ounce can black beans, drained and rinsed
- ½ cup frozen corn
- 1 small onion, diced
- 2 teaspoon + 1 tablespoon canola or vegetable oil
- 1 teaspoon paprika
- 1 teaspoon cumin

SERVING SIZE: 1 patty (1/2 cup)

SERVINGS: 4

PREPARATION TIME: 10 minutes

COOK TIME: 10-15 minutes



DIRECTIONS:

1. Heat 1 teaspoon of oil in a frying pan over medium heat
2. Add onions and cook for 3-4 minutes until soft
3. Add corn, paprika and cumin and heat for 2 more minutes until corn is cooked
4. Rinse and drain black beans in a separate bowl, then mash with a fork
5. Combine onion, corn, spices, brown rice and mashed black beans in large bowl and stir
6. Form into 4 (1 ½ inch thick) patties and refrigerate for 20 minutes
7. Heat 1 tablespoon of oil over medium heat, cook patties for 2-3 minutes per side

SERVING SUGGESTIONS:

- Serve on a whole-wheat bun or English muffin
- Optional toppings: sour cream, salsa, avocados, and shredded cheese

NUTRITION FACTS:

Amount Per Serving	
Calories	211
Total fat	5g
Saturated fat	1g
Cholesterol	0mg
Sodium	166mg
Total Carbohydrate	32g
Fiber	8g
Total Sugar	2g
Includes 0g of Added Sugars	
Protein	8g
Phosphorus	171mg
Potassium	464mg

EQUIPMENT NEEDED:

- Frying pan
- Large bowl
- Spatula

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org