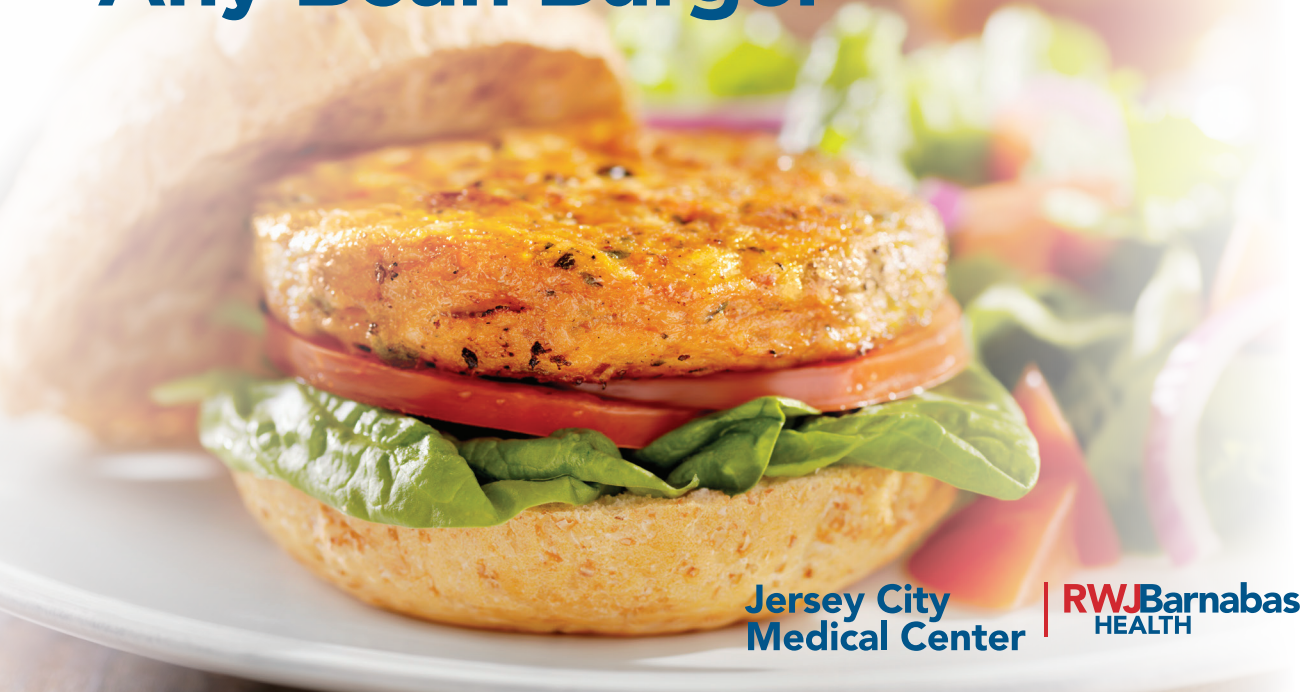


Makes 6 burgers
Total time: 25 minutes

Any Bean Burger



**Jersey City
Medical Center**

**RWJBarnabas
HEALTH**

Green Apple RX, JCMC Food FARMacy
1825 John. F. Kennedy Boulevard, Jersey City, NJ 07305 | 201-839-2643

Ingredients

2 cans (15.5 ounces each) black, white, pinto beans or black-eyed peas

1 cup dried breadcrumbs

2 large eggs, lightly beaten

1 teaspoon coarsely ground black pepper

1/2 teaspoon garlic powder

Extra flavorings as desired

1 tablespoon olive oil

Directions

1. Drain the first can of beans while saving the liquid. Mash the beans in a medium bowl.
2. Add the beans from the second can to the bowl along with breadcrumbs, eggs, pepper, and garlic powder. Stir in any extra flavorings if using. If the mixture is too dry, add a little of the bean liquid until the mixture holds together.
3. Divide the mixture into 6 equal portions and shape into patties. Spray or drizzle with a little olive oil, and then bake in oven on a baking sheet at 350° F until heated through and a bit crisp on the outside. Flip after 10 minutes so that both sides become a little crisp. Top the burgers as desired.