

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



### **A Better Black Bean Burger**

If you've never tried a homemade black bean burger, we recommend it! A healthier alternative to beef, black beans are packed with fiber, protein, and a starch that slowly burns energy - making you feel fuller longer while preventing spikes in blood sugar. The patties assemble quickly. And, if you make a double batch, you'll find that they freeze well. Apply a few well-chosen toppings for a hearty, filling, and flavorful meal.

#### **Classic Black Bean Burgers**

*(Makes 4 large patties)*

##### ***Ingredients:***

2 (14oz) cans black beans, rinsed and drained  
1 cup Panko bread crumbs  
1/2 cup red onion, diced  
1 egg  
1 tablespoon Worcestershire sauce  
1/2 teaspoon garlic powder  
1/2 teaspoon paprika  
1/2 teaspoon kosher salt  
1/2 teaspoon black pepper

***Classic Toppings:*** Ketchup, Mustard, Mayo, Cheddar, Tomatoes, Pickles, Lettuce, Red Onion

#### **Umami Black Bean Burgers**

Substitute 1/2 teaspoon truffle salt instead of kosher salt  
Add: 1/2 teaspoon dried oregano

***Umami Burger Toppings:*** Sautéed Mushrooms, Gruyere cheese, Truffle Salt, Mayo, Caramelized Onions

#### **Fiesta Black Bean Burgers**

Add: 1/2 teaspoon cumin, and 1/2 teaspoon chili powder

***Fiesta Burger Toppings:*** Argula, Sour Cream & Salsa, Pepper Jack Cheese, Tomatoes, Red Onion, Guacamole

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***Directions:***

1. Pulse the beans in a food processor until coarsely chopped.
2. Mix all of the ingredients together in a large bowl until well combined. If the mixture seems too wet, add more bread crumbs.
3. Form into 4 patties. TIP: Since black beans contain much less fat than ground beef, the size of the patty will not shrink during cooking, so size according to the size of your buns!
4. Cook on the stovetop using a well-oiled grill pan for about 5 minutes on each side. OR Bake in the oven on a parchment-lined baking sheet at 350°F for about 20 minutes, turning once at 10 minutes.
5. Melt the cheese on the burger by cooking for a few more minutes.
6. Serve on a toasted bun with all your favorite burger toppings!