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Black Bean Burger

Ingredients:

16 oz. can of black beans, drained and rinsed
1/2 diced red bell pepper
1/2 onion, finely diced
3 cloves of garlic
1 whole egg
1 tbsp chili powder
1 tsp hot sauce
1/4 cup raw oats
1/4 mashed avocado

Directions:

1. In a bowl, mash the beans to break apart.
2. Blend the red pepper, onion, and garlic in a food processor until tiny chunks are formed. Stir this into the bean mixture.
3. Next, add in the egg, spices, and avocado. Stir together well, then mix in the oats.
4. Form into four large patties. Place on a preheated grill, brushed with a little olive oil, then grill for about 8 minutes per side.
5. Serve with a little added avocado on top, if desired.

Nutrition Info:

Serving size: 1 burger
Recipe yields: 4
Calories: 190
Fat: 7 g
Carbs: 24 g
Protein: 9 g