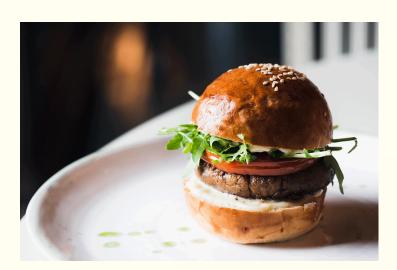
Beef and Black Bean Burger





SERVING SIZE: 6

Ingredients

- 6 ounces Ground Beef 80%
- 6 ounces Furmano's Black Beans, Drained & Rinsed
- 2 tablespoons Onion, Diced
- 1 tablespoon Red Pepper, Diced
- 3/4 teaspoon Minced Garlic
- 1/4 teaspoon Salt
- 1/8 teaspoon Black Pepper
- 1/8 teaspoon Dry Oregano
- 3/4 teaspoon Chopped Cilantro
- 1/2 each Eggs
- 1 tablespoon Ground Dried Chick Peas

In This Recipe



Pouch Organic Black Beans In Brine



Low Sodium - All Natural Black Beans in Brine



Organic Black Beans



Seasoned Black Beans

Preparation

- 1. In a food processor, add Black Beans and puree.
- 2. In a large bowl, add the Black Bean Puree, Ground Beef, Diced Onion, Diced Red Pepper, Minced Garlic, Salt, Black Pepper, and Oregano. Mix well to incorporate.
- 3. When well blended, add chopped Cilantro, Eggs, and Ground Chick Peas. Mix together.
- 4. Preheat oven at 350* Form mixture into patties, approximately 8 ounces each.
- 5. In a medium sized pan over medium high heat, add Olive Oil to pan and sear meat patties until golden brown on both sides. Finish in oven for 20 minutes.

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