

Beef and Black Bean Burger



FOODSERVICE



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.