

Black Bean Burger

Based on a recipe by New York Coalition for Healthy School Food

Ingredients

- 1 cup oil
- 1 large onion, chopped
- 1 cup brown rice
- 1 15-ounce can of black beans, drained and rinsed
- 1 tablespoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 cups water

Preparation

In a large skillet, heat oil. Add onions and garlic, sauté until soft. Do not brown. Mix in the rice, black beans, cumin, paprika, salt and pepper. Add water and bring to a quick boil. Simmer for 25 to 30 minutes or until rice is tender. Carefully remove black bean mixture from heat and let cool. Shape into patties and place onto paper lined sheet pans.

Bake patties at 350 degrees for 20 to 25 minutes. Garnish with salsa, chopped tomatoes or chopped scallion.