



# Rainbow Salad Black Bean Burgers

## Servings

6-8 patties

## Calories

240

## Prep Time

20 minutes

## Total Time

30 minutes

## Skill Level

Medium

## Ingredients

1 (12 ounces) package Mann's Rainbow Salad

3 cups black beans, canned or self-prepared

½ medium onion

½ bell pepper

3 garlic cloves

1 egg

¼ cup olive oil, extra virgin

salt and pepper to taste

optional: Mann's Better Burger Leaf lettuce singles



## The Method

In a food processor, pulse garlic, onion and bell pepper together until uniformly chopped. Remove and set aside in a large mixing bowl.

Put Rainbow Salad in the food processor and pulse 2-3 times. Remove and add it to your mixing bowl. Put the beans in the food processor and pulse 3-4 times. Then add to the bowl. Mix the ingredients well, and add salt and pepper to taste. Add the egg and mix thoroughly. Form patties with the mixture by taking some in your hand, pressing it between your palms, and rolling it into a ball. Then lightly press the top and bottom to form a disk shape.

Heat oil in a large non-stick pan over medium high heat. Add the patties and fry for 3-4 minutes on both sides or until golden brown. Serve on Mann's Better Burger Leaf lettuce singles for a healthy and delicious gluten-free meal!

## Nutrition Facts

Serving Size: 180g | Servings: 6

## Amount Per Serving

Calories 240 | Total Fat 11g (sat fat 1.5g trans 0g) | Cholesterol 25mg | Sodium 35mg | Total Carbohydrate 26g | Dietary Fiber 9g | Sugars 3g (Includes 0g Added Sugars) | Protein 10g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 10%