

# Half Veggie Burgers



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 8

**Prep:** 5 minutes | **Cook:** 40 minutes

## INGREDIENTS

- 2 cans pinto beans (14 ounces each), drained and rinsed
- 1 bell pepper, finely chopped
- 1 pound lean ground turkey or beef
- 1 egg
- Salt and pepper to taste
- Cooking spray
- 2 tomatoes, sliced
- 8 leaves of lettuce
- 8 hamburger buns

## DIRECTIONS

1. Mash the beans with a potato masher or fork; for a smoother burger texture, puree beans in a blender.
2. In a bowl, mix together beans, bell pepper, meat, egg, salt and pepper using your hands.
3. Form mixture into 8 patties.
4. Spray a skillet with cooking spray; heat to medium-high.
5. Cook the patties for 4 minutes on each side or until done. The internal temperature should reach 165°F degrees and there should be no pink in the middle.
6. Serve on buns with sliced tomatoes and lettuce.



Nutrition Information	
<i>Serving Size: 231 g</i>	
<b>Calories</b>	<b>310</b>
<b>Total fat</b>	<b>8 g</b>
Saturated Fat	2 g
Trans fat	0 g
<b>Cholesterol</b>	<b>50 mg</b>
<b>Sodium</b>	<b>470 mg</b>
<b>Carbohydrates</b>	<b>37 g</b>
Fiber	2 g
Sugars	5 g
<b>Protein</b>	<b>20 g</b>

Recipe adapted from:  
Alabama Cooperative Extension  
System