

Half Veggie Burgers



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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, put beans in a blender or food processor.
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	
Serving Size: 231 g	
Calories	310
Total fat	8 g
Saturated Fat	2 g
Trans fat	0 g
Cholesterol	50 mg
Sodium	470 mg
Carbohydrates	37 g
Fiber	2 g
Sugars	5 g
Protein	20 g

Recipe adapted from:
Alabama Cooperative Extension
System