



Black Bean Burgers

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
10 cups	black beans, cooked OR canned beans, drained and rinsed	2.5 L
5 cups	brown rice, cooked (approx 1 2/3 cups (400 mL uncooked rice))	1.25 L
2	onions, finely diced	2
6	green onions, sliced	6
5	eggs, beaten	5
1/4 cup	vegetable oil	60 mL
1 1/2 cups	bread crumbs	375 mL
2/3 cup	salsa	165 mL
1/2 tsp	salt	2 mL
2.2 lbs	cheese, sliced	1 kg
50	whole wheat slider (mini) buns OR 25 whole wheat hot dog buns (halved)	50
Optional:	pepper	
Garnishes:	lettuce tomatoes, sliced ketchup mustard guacamole	

Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, coarsely mash beans with a potato masher.
3. Add rice, onion, egg, bread crumbs, salsa, salt, and pepper (if using). Mix well.
4. Using a scoop, form the mixture into 50 equal patties. Place patties on a parchment-lined baking sheet.

Note 1: Instructions continue on page 2.

Note 2: Nutrition Information on page 2.

5. Bake for 15 – 20 minutes or until golden brown. Top with a slice of cheese and bake until cheese is melted.
6. Place patties on buns and garnish as desired.

Nutrition Information	
Serving 1 burger & bun (130 g)	
Calories	240
Fat	10 g
	Saturated 5 g + Trans 0 g
Sodium	390 mg
Carbohydrates	25 g
	Fibre 3 g Sugars 2 g
Protein	11 g
Calcium	200 mg
Iron	2 mg

Food Guide Servings	
1 Grain Product ½ Milk & Alternative ½ Meat & Alternative	