



# Black Bean Loaf (or Burgers)

Makes: 6 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	black beans, cooked <b>OR</b> canned beans, rinsed and drained	750 mL
1 cup	brown rice, cooked	250 mL
½	onion, finely diced	½
2	green onions, sliced	2
1	egg	1
½ cup	whole wheat breadcrumbs	125 mL
¼ cup	salsa	60 mL
¼ tsp	salt	1 mL
Optional:	pepper	
For Burgers:	6 whole wheat slider (mini) buns OR 3 whole wheat hot dog buns (halved)	
Garnishes for Burgers:	cheese (e.g. cheddar), sliced lettuce tomatoes, sliced ketchup mustard	

## Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mash beans with a potato masher. Add rice, onions, egg, breadcrumbs, and salsa. Mix well.

### Loaf:

1. Line a rectangular loaf pan \* ½ X 4 inch) with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
2. Transfer mixture to pan.

3. Bake for 45 minutes until top is golden and slightly crispy.

### Burgers:

1. Divide mixture into 6 patties. Place on a parchment-lined baking sheet.
2. Bake for 15 – 20 minutes, or until golden brown.
3. Place patties on buns, and garnish as desired.

*Note:* Nutrition Information is on page 2.

<b>Nutrition Information</b> Serving 200 g
<b>Calories</b> 270
<b>Fat</b> 3 g
Saturated 0.5 g
+ Trans 0 g
<b>Sodium</b> 300 mg
<b>Carbohydrates</b> 49 g
Fibre 10 g
Sugars 3 g
<b>Protein</b> 14 g
Calcium 70 mg
Iron 3 mg

<b>Food Guide Servings</b>
½ Grain Product
1 Meat & Alternative