Hearty Mexican Burgers

Prep Time: 20 minutes
Cook Time: 30 minutes

Servings: 8 servings
Cost/Serving: $1.55

Equipment

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Knife
- Large baking tray
- Measuring spoons
- Large baking tray
- Large mixing bowl
- Parchment paper
- Spatula

Ingredients

1 can	(540 mL)	Black beans, drained and rinsed
1 lb	(450 g)	Ground beef, extra lean
2 each		Green onions, finely chopped
1 cup	(250 mL)	Carrot, peeled and grated
2 tbsp	(30 mL)	Oats, quick-cooking
2 tsp	(10 mL)	Ground cumin
2 tsp	(10 mL)	Garlic powder
2 tsp	(10 mL)	Smoked paprika
2 tsp	(10 mL)	Dried oregano
½ tsp	(2.5 mL)	Salt
1 tbsp	(15 mL)	Worcestershire sauce

Directions

1. Preheat oven to 400F (200C) and line baking tray with parchment paper.
2. Place beans in mixing bowl and mash with back of fork.
3. Add ground beef, green onions, carrot, oats, cumin, garlic powder, paprika, oregano, salt, and Worcestershire sauce.
4. Divide and shape meat mixture into 8 burger patties and place on prepared pan.
5. Bake for 25 minutes.
6. Turn on broiler, and broil on high for 5 minutes.
7. Serve with a bun, lettuce and tomatoes

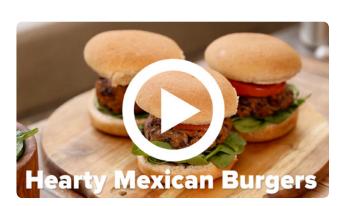# Hearty Mexican Burgers

Tips

1) You can substitute 1½ tbsp (22 mL) of taco seasoning for the cumin, garlic, paprika and oregano.

2) For a softer texture, use an equal amount of ground flax or breadcrumbs instead of oats.

3) Canned lentils can be used instead of black beans.

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Nutrition Facts Valeur nutritive		
Per 1 burger (90 g) pour 1 haché (90 g)		
Calories 140		% Daily Value* % valeur quotidienne*
Fat / Lipides 6 g		8 %
Saturated / saturés 2 g + Trans / trans 0.2 g Omega-3 / oméga-3 0 g		10 %
Carbohydrate / Glucides 7 g		
Fibre / Fibres 2 g		7 %
Sugars / Sucres 1 g		1 %
Protein / Protéines 13 g		
Cholesterol / Cholestérol 35 mg		
Sodium 160 mg		7 %
Potassium 250 mg		5 %
Calcium 40 mg		3 %
Iron / Fer 2 mg		11 %
*5% or less is **a little**, 15% or more is **a lot** *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**		