

Red Bean Chipotle Burgers

Ingredients:

- 1 small onion, peeled and cut into quarters
- 1 clove garlic
- 1 (16 ounce) can light red kidney beans, drained and rinsed
- ½ cup oatmeal, uncooked
- ½ cup cooked brown rice
- 2 tsp. chopped chipotles (from can)
- 1 tbsp. tomato paste
- ¼ tsp. salt
- ¼ tsp. oregano
- ¼ tsp. thyme
- ⅛ cup whole wheat flour
- ¾ tsp. creole seasoning
- ½ tsp. pepper
- 3 cup mixed salad greens
- 6 large tomato slices
- 12 slices red onion
- 6 whole wheat hamburger buns



Nutrition Facts

Serving Size 1 burger (316g)
Servings Per Container

Amount Per Serving

Calories 350 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 450mg **19%**

Total Carbohydrate 61g **20%**

Dietary Fiber 13g **52%**

Sugars 9g

Protein 15g

Vitamin A 8% • Vitamin C 25%

Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat oven to 425 degrees.
2. Put onion and garlic into food processor and pulse to chop coarsely.
3. Add the beans until coarsely chopped Add remaining ingredients except for salad greens, tomato slices and slices of red onion.
4. Process until blended just slightly more chunky than refried beans. Spray a non-stick cookie sheet lightly with canola oil. Use a spoon to scoop the burger mixture onto baking sheet, smoothing into 6 patties (use a spoon to round edges).
5. Bake for about 15 minutes When the bottoms are lightly browned and beginning to get crisp , turn the burgers and cook for 10-15 more minutes, until other side is brown. (Do not overcook or they will be tough).
6. Assemble burgers on buns with lettuce, tomatoes and onion.