

Potato Black Bean Burger

Ingredients

1 (15-ounce) can black beans, or 1 2/3 fresh cooked

1 medium carrot, grated

1/2 medium onion, finely chopped

3 medium potatoes, grated

4 large scallions, finely chopped

1 cup corn, fresh, frozen, or canned

1/2 teaspoon garlic salt, to taste

2 tablespoons olive oil, for frying

1. Drain the beans, then mash them well with a fork or a potato masher.
2. Add the carrot, onion, potatoes, scallions, corn, and garlic salt, and mix until well combined. The mixture will be thick, and you may want to use your hands to help pull it all together.
3. Shape the mixture into patties about 1/2 inch thick.
4. Heat about 2 tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes on each side.

Nutrition Facts

Servings: 6

Amount per serving

Calories

219

% Daily Value*

Total Fat 5g

7%

Saturated Fat 1g

4%

Cholesterol 0mg

0%

Sodium 409mg

18%

Total Carbohydrate 38g

14%

Dietary Fiber 8g

29%

Total Sugars 4g

Protein 8g

Vitamin C 16mg

78%

Nutrition Facts

Servings: 6

Calcium 56mg 4%

Iron 3mg 15%

Potassium 819mg 17%

**The % Daily Value (DV) tells you how much nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*