

# Vegan Black Bean Burgers

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/east-vegan-black-bean-recipe>

## Ingredients:

- 2 cups black beans cooked, or one 15 oz can
- 1/3 cup brown rice
- 1/2 onion chopped
- 1 clove garlic diced
- 1 tablespoon cumin
- 2 teaspoons chilli powder
- 1/2 teaspoon oregano
- salt to taste
- olive oil
- cornstarch

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 34 grams
3. Fat: 6 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 580 milligrams
8. Sugar: 1 grams

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